



This brochure has been created in conjunction with a qualified clinical nutritionist. For more menu ideas, or to simply learn more about healthy eating, visit Virginnia at Nourishing Pantry.

[www.nourishingpantry.com.au](http://www.nourishingpantry.com.au)



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Oral Health &  
Healthy Eating  
to avoid **ACID REFLUX**



# Acid Reflux

Not only can acid reflux be painful, it can cause serious oral problems, such as dental erosion. Fortunately, there are ways to manage acid reflux through dietary choices. You can also help prevent accompanying dental problems by maintaining regular dental checkups.



## DON'T...

✗ Drink soft drinks, sports drinks or undiluted fruit juice. These beverages contain a great deal of sugar and acid content. If you choose to drink them, do so with a straw to minimise contact with teeth and avoid swishing the liquid around in your mouth.

✗ Eat lots of sour foods such as lemons, grapefruits, pickles or acidic foods such as vinegar - these can erode tooth enamel.

✗ Add lemon juice to your water. This may be good for your digestion, but it plays havoc with your teeth. If you must do this, use a teaspoon at the most in a 500ml glass of water. Consume with a straw - more than this can be detrimental.



✗ Consume caffeine or alcohol. If you do choose to drink them, be sure to minimise your intake as much as possible.

## DO...

- ✓ Maintain a healthy weight.
- ✓ Increase dietary protein to assist the body in strengthening the connective tissues around the sphincter.
- ✓ Increase your intake of fresh (non-acidic) fruits and vegetables (e.g., leafy greens, eggplant, beans, zucchini, root vegetables, pears and avocado).
- ✓ Rinse your mouth with water straight after having acidic foods or drinks.
- ✓ Finish a meal with a glass of milk, a small bowl of full fat yoghurt or piece of cheese to neutralise acids.
- ✓ Chew sugar-free gum with xylitol, which reduces acids from foods and drinks.

✓ Drink more water during the day if you have dry mouth or low saliva problems.



- ✓ Wait for at least one hour to brush teeth after you've had acidic foods or drinks. Acid leaves the enamel softened and more prone to erosion during brushing. Use fluoride toothpaste or a fluoride mouth rinse to strengthen your teeth.
- ✓ Avoid trigger foods like chocolate, coffee, fatty foods, spicy foods and acidic foods (such as oranges and soft drinks). Large meals of pasta and bread may also exacerbate problems.

