



## **Hylan Dental Care Brecksville Suggests 10 Foods That Promote A Healthy Mouth**

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Hylan Dental Care, a Brecksville based dental care center, recommends ten foods for a healthier mouth on the premise that oral health is maintained through a combination of regular dental check-ups and a healthy diet. Hylan Dental Care has compiled a list of foods that help improve one's oral health. "When it comes to good oral health, you really are what you eat," says Hylan Dental. "Sugary foods and drinks like candy and soda can rot your teeth right out of your mouth. One of the first areas to decline when you eat a poor diet lacking in nutrients is your oral health." The dental office's site can be found at <https://www.drbradhylan.com/dentist-brecksville-ohio>.

Just like any other body part, one's teeth and gums require proper nutrition to function at their best. Having the right amount of nutrients and minerals in one's diet that serve as the building blocks for teeth and enamel; thus, it is vitally important to maintain the right nutrient levels. Certain foods also contain natural chemical compounds that can inhibit the growth of harmful bacteria. Other foods have the ability to stimulate salivary glands, which can help wash away sugar and bacteria. The foods on Hylan Dental's list all contain some combination of nutrients and the ability to stimulate salivary glands, making them essential for anyone concerned about their dental health.

First on the list of foods that may be beneficial to one's oral health are almonds. Almonds are low in sugar and are a good source of calcium and protein, which makes them great as a healthy snack. They can be added to a salad, mixed into a stir fry, or eaten on their own. Furthermore, cheese can raise the pH in one's mouth and lower their risk of tooth decay, it also increases the amount of saliva in one's mouth due to the amount of chewing required to eat it. Cheese also contains calcium and protein, which can both help strengthen enamel.

Another food that may help improve one's oral health is yogurt. Yogurt is rich in calcium and helps strengthen the protective enamel on one's teeth. Recent studies have found that yogurt can also help alleviate bad breath by reducing the amount of compounds that cause odors present in one's mouth. Carrots are a healthy snack full of essential nutrients like vitamin A, and one can get a lot of the nutrients they need from just a handful of carrots. Those interested in taking care of their oral health can also consume leafy greens like spinach and kale. These foods are known to be high in calcium, vitamins, and minerals while also being low in calories.

There are a number of other foods mentioned on Hylan Dental's list that promote better dental health. The full article can be found at <https://www.drbradhylan.com/blog/10-foods-that-promote-healthy-mouth>.

Hylan Dental Care is a Brecksville based dental office that strives to provide high quality dental services to patients in the area. "We use comfortable dental techniques that have been perfected by our staff through years of experience treating patients across the state of Ohio," says the dental office. "Whether you need a routine cleaning, implants, dentures, or are having a dental emergency, our Brecksville Dentists are ready to help. We are always welcoming new patients and would love to have you as part of our dental family. Our office provides personalized attention in an engaging environment where everyone feels welcome. No matter how complex the case, our team can diagnose and treat you with gentle, affordable solutions."

A number of patients have visited Hylan Dental and received high quality dental care. Many of these patients have left 5-star reviews of the place online. "Great dental care," Sue Sammons, one of their patients, is quoted saying in her review. "Dr. E., Pam, and Melissa are amazing. Efficient check in and right on schedule. Calm and caring, they explained everything. It was absolutely pain free! Highly recommend them."

Hylan Dental Care is known for providing great dental care. Interested parties may contact Dr. Brad Hylan of Hylan Dental Care to learn more about the clinic. They may also read more reviews of the dental office online here: <https://www.google.com/maps?cid=1876386921447201529>.

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For more information about Hylan Dental Care - Brecksville, contact the company here: Hylan Dental Care - Brecksville Dr. Brad Hylan (440) 546-9968 [hylandentalcare@gmail.com](mailto:hylandentalcare@gmail.com) 7770 Brecksville Rd, Brecksville, OH

## **Hylan Dental Care - Brecksville**

*Dr. Brad Hylan, leading dentist at Hylan Dental Care in Brecksville, is known for his gentle technique and experience handling a variety of complicated dental procedures. Our office caters to people who are anxious about visiting the dentist.*

Website: <https://www.drbradhylan.com/areas-served/ohio/brecksville/dentist>

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