

7 Foods for a Whiter Smile

With summer in full swing, you're probably trying everything you can to look your best. Many overlook a critical way to brighten your appearance—enhancing your smile. Dr. Timothy Chase, a leading New York City-based dentist, shares some great tips for foods that can really help to give you a whiter smile without spending hours in the dentist's chair.



Apples

Crunchy fruits and vegetables like apples work best because they function as an abrasive scrub for your teeth, helping them stay their whitest.

Cauliflower

Cauliflower stimulates the production of saliva, which helps to keep plaque from forming.

Carrots

This teeth-whitening crunchy snack is rich in vitamins and antioxidants, making it a smart snack choice with many health benefits.

Chase emphasizes that brushing and flossing are not always enough to keep your teeth bright. "What you eat and what you do not eat can be a huge factor in how white your teeth are," Chase said.

Celery

Celery is already popular for being low in calories, but it can also help brighten your pearly whites.

"Brightening your appearance by creating a healthy smile is not as daunting a task as people think," Chase said.

Oranges

By rubbing an orange peel over your teeth, followed by washing out your mouth with water will get you noticeably whiter teeth after a few months, according to Chase.

Strawberries

Strawberries are also great for polishing your teeth. As an added bonus, they have been shown to help freshen breath.

Dairy

Dairy products such as yogurt, milk and cheese contain a lactic acid which may help protect teeth against decay. Chase said hard cheeses are best for whitening since they also help remove food particles