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### Fiber for Your Teeth?

Here's yet another surprise from our foods. Diets high in whole grains are good for your teeth and gums! At least that's true for the 34,000 men in the study. Those who ate at least 3 servings a day of whole grains had only 75% the number of cases of gum disease, compared to the ones who ate fewer whole grain foods.

Gum disease might not seem very important. Many people think of it as just bleeding gums when they brush their teeth. But bleeding gums can be just the tip of the iceberg. Infected gums lead to tooth decay and loss, painful, sensitive teeth and much more. There's some evidence that the inflammation of gum disease might be part of the attack on the arteries that leads to heart attacks and blockage. If a few more servings of whole grains can help prevent that, it's worth it!

Three servings of whole grains are super easy to get. Start with using whole grain bread. Don't just look for 'brown bread'. Read the label and make sure what you choose has 'whole wheat' or 'whole grain' flour as the first ingredient in the list. The further down the list it is, the less there is. And caramel coloring can trick a lot of eyes into thinking white bread is whole wheat. Whole wheat crackers, whole wheat pita breads and wraps are other ways to get the benefit of whole grains.

Look for the same thing on cereal labels. Whole grain corn or brown rice cereals are also whole grains. And switch from white rice and mashed potatoes to brown rice for dinner too. There's "quick" or "instant" brown rice in the grocery. Sure it takes 10 minutes to cook, but that's no longer than white rice. Your teeth will thank you!



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