



You are what you  
eat

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# Different products

There are bad and good products.

Today we will talk about which products are good and which are bad.

# Good products

We know that certain food groups have a positive effect on health because they contain a lot of vitamins and different useful substances. These include vegetables, fruits, fish, legumes, whole grains and unsalted nuts.



# Bad products

There are also harmful products. They are considered harmful because they lead to obesity, allergies and other diseases. These includes fast food, fried food, bakery products, sausage products and so on.



# Good products and Bad products

## GOOD FOOD

vs.

## BAD FOOD

### THE GOOD GUYS



#### FIBRE-RICH FRUITS AND VEGETABLES.

Foods with fibre stimulate saliva flow, which, next to good home dental care, is your best natural defense against cavities and gum disease. About 20 minutes after you eat something containing sugars or starches, your saliva begins to neutralize the acids and enzymes attacking your teeth. Because saliva contains traces of calcium and phosphate, it also restores minerals to teeth.



#### MILK, YOGURT, AND DAIRY PRODUCTS.

Cheese is another saliva generator. The calcium in cheese, and the calcium and phosphates in milk and other dairy products, help put back minerals your teeth might have lost due to other foods.



#### GREEN AND BLACK TEAS.

Black and green tea contain polyphenols that interact with plaque bacteria. These substances either kill or suppress bacteria, preventing them from growing or producing tooth-attacking acid.



#### FOODS WITH FLUORIDE.

Fluoridated drinking water, or any product you make with fluoridated water, helps your teeth. This includes powdered juices (as long as they don't contain a lot of sugar) and dehydrated soups. Commercially prepared foods, such as poultry products, seafood, and powdered cereals, also can provide fluoride.

### THE BAD GUYS



#### STICKY CANDIES AND SWEETS.

If you eat sweets, go for those that clear out of your mouth quickly. So thumbs down for lollipops, caramels and cough drops that contain refined sugar. Surprisingly, thumbs up for chocolate, which, because its sugars are coated in fat, slips easily out of your mouth.



#### STARCHY FOODS.

Avoid anything that can get stuck in your teeth. They can be missed by brushing and flossing and well. Soft breads, potato chips and popcorn should be avoided when possible.



#### CARBONATED SOFT DRINKS.

While we're at it, be sure to add sports drinks to this list. Besides being laden with sugar, most soft drinks contain phosphoric and citric acids that erode tooth enamel.



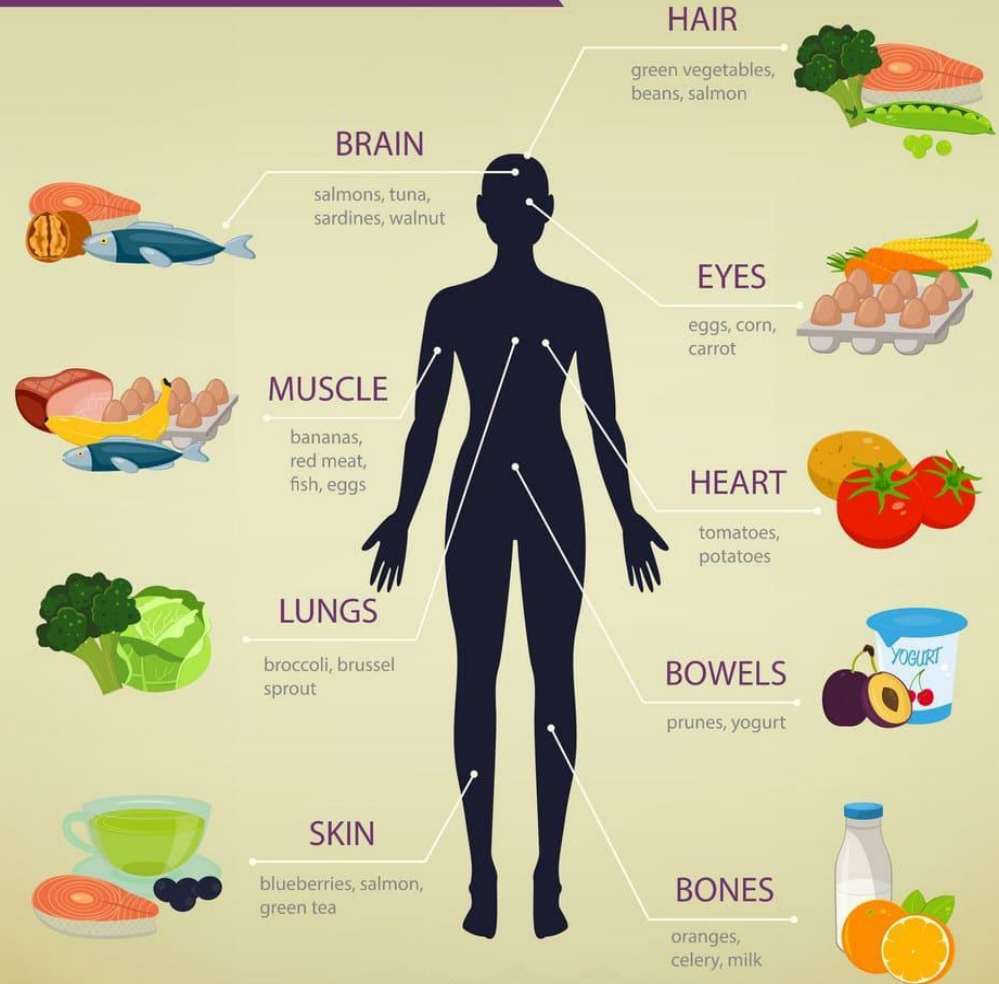
#### ANYTHING THAT DRIES OUT YOUR MOUTH.

Alcohol and many medicines can remove the saliva that helps clean and protect your teeth. If medications are causing dryness, consider talking to your doctor about getting a fluoride rinse, or a fluoride gel with which to brush your teeth.



# PRODUCTS USEFUL FOR THE BODY

How products affect on different parts of the body





# Thanks for the attention!

In conclusion, I want to say that a healthy diet is very important for everyone.

It is all that I wanted to tell.