

# Healthy summer treats for teeth

By Dr. Horacio Falcón

As temperatures rise and the sun graces us with its warm embrace, indulging in refreshing summer treats becomes a cherished ritual. While satisfying your sweet tooth is tempting, it's essential to make choices that support your dental health. Here are some delicious and tooth-friendly treats to enjoy this summer:

**1) Frozen Fruit Pops:**

Blend your favorite fruits like berries, mangoes and kiwis with a splash of natural fruit juice. Pour the mixture into popsicle molds and freeze for a refreshing, vitamin-packed treat that's gentle on your teeth.



**2) Yogurt Parfaits:**

Layer low-fat yogurt with fresh berries and a sprinkle of granola for a creamy and satisfying snack. Yogurt is rich in calcium and probiotics, which support strong teeth and gums.

**3) Watermelon Slices:**

Stay hydrated and satisfy your sweet cravings. Watermelon is high in water content and vitamin C, which promotes healthy gums and protects against gum disease.

**4) Crunchy Veggie Sticks:**

Snack on crisp cucumber, carrot and celery sticks for a satisfying crunch that cleanses your teeth and stimulates saliva production. Pair them with hummus or yogurt dip for added flavor and nutrition.

**5) Homemade Smoothie Bowls:**

Blend frozen bananas with spinach, kale and your favorite fruits for a nutrient-packed smoothie base. Top with nuts, seeds and a drizzle of honey for a satisfying and tooth-friendly meal or snack.

By choosing these healthy summer treats, you can indulge your taste buds while supporting your dental health. Of course, drink plenty of water to stay hydrated and rinse away any lingering sugars or acids. Here's to a summer filled with smiles and sweet treats that keep your teeth shining bright!

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