

A HEALTHIER YOU – RESOURCES

NAME: _____ DATE: _____

The American Heart Association recommends that Americans slash added sugar from the diet due to its correlation with obesity, type 2 diabetes and cardiovascular diseases. Current consumption is around 100g (25 teaspoons) per day.

- ___ For Women: **24 grams or 6 tsp.** of added sugar daily is the current recommendation.
- ___ For Men: **36 grams or 9 tsp.** of added sugar daily is the current recommendation.
- ___ Become a “Label Detective” (12 oz. soda = 40g of sugar) Look at total sugar grams, first 3 ingredients listed, & hidden names for sugar in ingredient list
- ___ Replace sugary drinks with Xylitol, Erythritol or Stevia sweetened drinks
- ___ Fooducate App enables you to track sugar grams throughout the day & track food & physical activity
- ___ Follow sugar or acidic exposures with Xylitol sweetened gum (or mints) for 5 minutes to help neutralize pH

Sugary Drink Alternatives:

- ___ Water infused with Stevia Flavored Drops www.sweetleaf.com
- ___ xyWater Xylitol flavored water www.Drinkxywater.com or www.amazon.com
- ___ PACt Antioxidant infused water www.pact.oceanspray.com or www.amazon.com
- ___ Bai Antioxidant Infusion drinks www.drinkbai.com or www.amazon.com
- ___ Brewed coffee and green teas provide antioxidants without being too acidic
- ___ Avoid drinks with phosphoric or citric acid listed in the first 3 ingredients

Healthier Habits to Reduce/Prevent Inflammation:

- ___ Reduce/eliminate processed foods (Beware of 5+ ingredients on label)
- ___ Eat your antioxidants in raw or cooked bright-colored veggies and fruit (6+ per day)
- ___ Decrease Omega-6 fatty acid consumption (animal meats, white bread, rice, corn) and Increase Omega-3 fatty acid consumption (walnuts, salmon, sardines, shrimp, halibut, eggs, flax seeds, soybeans)
- ___ 2 ½ hours of moderate exercise weekly according to the Center for Disease Control
- ___ Muscle strengthening twice weekly according to the Center for Disease Control
- ___ Vitamin/antioxidant supplementation, as indicated
- ___ 7 -9 hours sleep nightly for adults according to the National Sleep Foundation or at least every other night according to The Cooper Clinic
- ___ www.heart.org/MyLifeCheck & click on My Heart Score to assess CVD risk
- ___ Biofilm removal for 2 minutes twice daily with Sonicare
- ___ Interproximal biofilm removal with Air Floss, WaterFlosser, Soft Pics or floss
- ___ Periosciences Antioxidant gel applied twice daily (avoid water for 30 minutes)

Other:

Additional Resources For Remineralization, Decay Prevention & Dry Mouth:

- ___ 5+ exposures of 100% Xylitol-sweetened gum/mints daily for 5 minutes each
- ___ Use Basic Bites Chews twice daily to help neutralize pH, prevent decay and prevent dry mouth. www.basicbites.com
- ___ Rinse with Chlorhexidine rinse once daily for 1 week only per month
- ___ Periosciences Antioxidant Hydration gel and mouth rinse. Use up to 5 times daily
- ___ Rx for NeutraSal saturated calcium carbonate mouth rinse. Use up to 10 X's daily
- ___ Spry Moisturizing Mouth Spray, use as needed
- ___ Use MI Paste daily, as directed
- ___ Use Pronamel twice daily and spit out excess but do not rinse
- ___ Use Colgate Total twice daily and spit out excess but do not rinse
- ___ Use Fluoridex or Prevident twice daily and spit out excess but do not rinse (avoid water for 30 minutes)
- ___ Use Biotene toothpaste and rinse twice daily
- ___ Use hydrating mouth rinses for 30 seconds twice daily prior to toothbrushing
- ___ Use Fluoridated mouth rinses for 30 seconds daily following brushing
- ___ Use Spry Probiotic powder once nightly (avoid water for 30 minutes)
- ___ Use PerioBalance Probiotics once daily
- ___ Use PerioShield mouth rinse for 30 seconds twice daily after a meal
- ___ Avoid sugarless mints sweetened with sorbitol or isomalt for extended periods. Use Xylitol products instead
- ___ Limit frequency of sugary drinks and foods, which create an acidic environment. Do not brush for at least 30 minutes following sugar exposures due to low pH
- ___ Avoid frequent alcohol products, which have a low pH and many contain sugar
- ___ Avoid E-cigs and Vaping as it can cause dry mouth, increasing risk for decay

Other:

Xylitol resources:

- www.Xylimart.com clearinghouse of discounted Xylitol products
- www.xlear.com - Educational Resources, Spry gum, mints, probiotics, oral spray and Xylitol nasal spray & sweeteners
- www.epicdental.com - gum, mints, oral spray & sweeteners
- www.oracoat.com - Xylimelts – slow-release Xylitol discs
- www.forevermints.com - long lasting mints flavored with essential oils & Xylitol
- www.icechips.com -Xylitol-sweetened candies (exotic flavors)
- www.Drjohns.com - Xylitol-sweetened hard, soft and chocolate candies