# **Nutrition for Bad Breath**

Lets get to know about bad breath:

- Also know as Halitosis
- The greatest source of bad breath is sulfur compounds
- Dentists refer to the sulfur byproducts excreted as waste by oral bacteria as "volatile sulfur compounds" (VSC's).
  - Volatile describes that these compounds evaporate quickly at even normal temperatures making it easy to escape the mouth causing bad breath.
  - VSC's are waste products when we digest protein
  - When we consume meat and fish the bacteria in our mouth are getting a meal too.
- "About 90% of chronic bad breath comes from bacteria and dead cells decaying in the mouth"





### Common Causes of Bad Breath:

- Coffee
- Garlic & Onion can stay in your system for up to 72 hrs
- Spicy Food
- Skipping Breakfast
- Food stuck in your teeth, gums or on your tongue
- Dry mouth
- High protein & Dairy products
- Sugary Candies & Drinks
- Tobacco
- Weight loss
- Carb Restrictive diets
- Medications
- Health Issues



## Bad Breath Fighting Vitamins & Minerals:

- <u>Vitamin C</u> is needed for growth and repair of tissues throughout the body, helps heal wounds, repair and maintain cartilage, bones, and teeth. Symptoms of Vitamin C deficiency are bleeding gums, gingivitis, weakened tooth enamel and many more. **Foods high in**Vitamin C- citrus fruits, berries, mango, papaya, pineapple, cantaloupe, spinach, broccoli, Tomatoes
- <u>Vitamin A-</u> helps heal wounds, increase red blood cells production, aid in iron absorption, and lowers risk of gum infections and diseases, according to Burgerstein's Handbook of Nutrition: Micronutrients in the Prevention and Therapy of Disease by Michael Zimmerman, MD. **Foods high in Vitamin A-** sweet potatoes, carrots, kales, squash, romaine lettuce, dried apricots, cantaloupe melon, red peppers, tuna, & mango.
- •Vitamin E is an antioxidant that help strengthen you immune system and protects your body from free radicals. According to Steve Blake, author of the book "Vitamins and Minerals Demystified." Blake reports that vitamin E also repairs damaged tissues, aids in the healing process, reduces inflammation, improves bad breath and lowers your risk of gingivitis. Foods high in Vitamin E— nuts and seeds, leafy greens, vegetable oils, fortified grains and cereals.
- Zinc aids the immune system to fight off invading bacteria and viruses, like gum disease. The body needs zinc to make proteins and DNA for the genetic material in all cells. According to Alan Gaby and Schuyler Lininger, authors of the book "Natural Pharmacy: Complete A-Z Reference to Alternative Treatments for Common Health Conditions", zinc also destroys harmful bacteria, heals wounds, aids in cellular metabolism and alleviates bad breath. Foods high in Zinc— oysters (best source), red meat, poultry, and seafood (crab & lobster), Fortified cereal, beans, nuts, whole grains and dairy products.

## Simple Fixes for Bad Breath

- Eat Breakfast, it helps stimulate your saliva which helps wash all the bacteria out of your mouth.
- Eat hard vegetables and fruits, like apples, celery, & carrots, for snacks to help clear odor causing plaque and food particles from your mouth. The fiber and saliva create a scrubbing action in the mouth.
- Re-think your drinks! Sugary drinks can add to bad breath by feeding the bacteria in your mouth and causing tooth decay and gum disease. Water can help rinse out that excess bacteria in the mouth, hydrate and moisten the mouth.
- Instead of having a sugary mint after a meal sugar free gum, the sugar in the mint adds to bacteria growth, later on producing bad breath.

## Recipe for Good Breath

## Apple Chicken Spinach Salad- 2 servings

#### Ingredients:

- •2 cups of Spinach
- •1 medium size apple
- •1/3 cup toasted chopped almonds
- •¼ cup diced red onion
- •2 tbls Balsamic vinaigrette
- Top with shaved parmesan
- \*\* Add 1 grilled chicken breast (3oz) if you are a carnivore\*\*\*

## Natural remedies for Bad Breath

- Plain yogurt
- Rerries
- Mixed spices like fennel seeds, cardamom, anise and coriander mixed together and can be nibbled on when bad breath arises
- Mint Leaves
- Cinnamon
- Cherries



### Directions:

- 1.Chop spinach to desirable size
- 2.Dice apple up into quarter size pieces
- 3.Place spinach, diced apple, chopped almonds, and diced onion in a large bowl and toss
- 4.Add balsamic vinaigrette and toss one more time
- 5. Serve onto plate.
- 6.Top with chicken, shaved parmesan, and fresh ground pepper
- 7.ENJINY!

#### Kelsey Ann Griffin, Dietetic Intern, Cal Poly Pomona 2014

#### References:

- •http://www.livestrong.com/article/384578-supplements-for-bad-breath/
- •http://www.webmd.com/beauty/beautiful-smile-12/bad-breath-cause-prevention?page=2
- •http://www.webmd.com/oral-health/healthy-teeth-2/get-rid-bad-breath
- •http://www.animated-teeth.com/bad\_breath/t3\_causes\_of\_halitosis.htm
- •http://altmd.com/Articles/Nutrition-for-Bad-Breath