

## The Medicare Diet: Best Foods to Eat for Gum Disease in Seniors



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### Best Foods to Eat for Gum Disease: Tooth and Fiction

You may already think you know the best foods for gum disease: cut back on sugar and soda, drink plenty of water, and maybe chew some sugar-free chewing gum. You might even be a master of oral hygiene: brushing after every meal, flossing, and rinsing with mouthwash. Yet despite everything, those gums still bleed. *Why?*

Let us tell you a secret: oral health is about more than just brushing and flossing. Yes, those things are very important, as are [regular dental checkups](#), but your diet plays an even bigger role in maintaining healthy gums. You see, while tooth decay, which results from bacteria and acids wearing away a tooth's protective enamel, gets a ton of press due to its dramatic presentation, periodontal disease is much more insidious than tooth decay itself.

Curious about Medicare? Call us.

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