

## **FOOD & TOOTH DECAY**

FOODS WHICH ARE  
**CLEANSING & PREVENT DECAY.**

FIBROUS FOODS GENERALLY.

### **EXAMPLES:**

Fish, Meat, Poultry, Lettuce, Cress, Radish,  
Celery, Uncooked Vegetables (Cooked Vegetables  
are as a rule cleansing but in less degree than the uncooked).  
Stale Bread with Crust, Twice Baked and  
Toasted Bread of all kinds, Savouries, Fresh  
Fruits, Fatty Foods of all kinds, Soups, &c.

COARSE AND FIBROUS FOOD  
IS A  
**NATURAL TOOTHBRUSH!**

REPORT OF THE EDUCATIONAL COMMITTEE OF THE NATIONAL DENTAL SOCIETY  
BY VOTING OF HOUSE OF REPRESENTATIVES, FEBRUARY 1907, BY MEDICAL SOCIETY

## **FOOD & TOOTH DECAY**

FOODS WHICH ARE  
**NOT CLEANSING & PRODUCE DECAY.**

STARCHY AND SUGARY FOODS  
WITHOUT FIBROUS ELEMENT.

### **EXAMPLES:**

Sweet Biscuits & Cake, Bread & Marmalade,  
Bread & Jam, New Bread without crust,  
Bread soaked in Milk, Milk Puddings,  
Porridge & Milk, Stewed Fruit, Honey &  
Sweets of all kinds, Cocoa & Chocolate.

WHEN THE ABOVE ARE EATEN

**CLEANSING FOODS  
SHOULD FOLLOW!**

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