

Pumpkins aren't just for Halloween!

Dentists-near-me.co.uk discuss the benefits of pumpkins for your teeth!

Pumpkins are plentiful at this time year. Most of us will be scooping the insides of our pumpkins into the bin to test out our carving skills for Halloween parties. However, what's inside has numerous health benefits, particularly for our teeth.

So keep back that pumpkin flesh and read on to see what dentists-near-me.co.uk have to say about the benefits of pumpkins for our teeth.

Teeth Strength



Pumpkin flesh is filled with enamel-building Vitamin A, fibre and potassium. All of these work to keep your teeth strong and your gums healthy.

Natural cleanser



Pumpkin seed oil has been hailed the new coconut oil! And with good reason. In terms of your oral health, it has natural cleansing abilities as well as helping to prevent cavities and decay.

Reduce plaque



Pumpkin seeds have the ability to reduce plaque and maintain enamel on your teeth due to the abrasive qualities. Eating seeds can also cleanse the mouth of harmful bacteria.



Matt Nejad of dentists-near-me.co.uk says: "We are always told which foods we must avoid to protect our teeth but there is a whole host of foods which can really benefit our oral health too. Other food that is packed full of teeth benefits are: apples, leafy greens, cheese and carrots. Use the oil to cook your food with, snack on the seeds and use the flesh for a delicious soup."

Not only are pumpkins good for your teeth but they have a range of other health benefits including lowering blood pressure, maintaining a healthy heart, boosting your vision and can help you sleep.
