

## TMJ Diet Recommendations

Because dietary stress or allergy tendencies toward certain foods may be a significant factor contributing to your TMJ problems or your body's ability to heal itself, you are asked to make the following changes in your daily intake of foods during your treatment.

**FOODS TO INCREASE:** Please increase the amount of fresh fruits and fresh vegetables that you eat. Try to have at least one fresh vegetable and one fresh fruit each day. Although frozen products are generally acceptable, they should be consumed in addition to the fresh foods recommended. **Only eat fresh foods that are not hard or crunchy.**

Please increase your consumption of **green salads** to have at least one salad every three days, although you may eat salads as often as you wish in most circumstances. If possible, use reduced no-fat dressing, apple cider or red wine vinegar, or lemon juice rather than commercially prepared dressing which may contain a large amount of sweeteners and fats.

In addition, seafood, chicken, turkey, or bean consumption should be increased for a source of protein. **Avoid hard to chew meats such as steaks and ribs.**

**FOODS TO DECREASE:** Please avoid all processed foods which contain refined sugar or corn sweeteners. These sugars may also be labeled as sucrose, fructose, glucose (any words ending in "ose") or sorbitol and xylitol (most words ending in "ol").

Please also delete the following: processed foods (lunch meat, etc.), food high in fat, artificial sweeteners, **all forms of caffeine (coffee, tea, chocolate and soda)**, white flour, milk and milk products (if allergies are suspected) and alcohol.

Try to avoid fast food restaurants since many of the menu choices are high in fat.

*Essentially, we are asking you to be a label reader so that you may avoid getting junk foods in your diet. It is the processed, refined carbohydrates that are our concern, not complex carbohydrates such as potatoes or other vegetables. Be sure that your diet is well rounded and includes foods from all food groups. Consult your family physician or a registered dietician for more information.*

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