

## Here Are Some Tips To Help You Get The Best From Your Teeth Whitening

### For 24 hours after whitening:

- Do not eat or drink dark, staining-substances such as: coffee, tea, red wine, soy sauce, and cola.
- Do not eat staining foods such as: beetroot, carrots, blueberries and the like; try to stick to a "white" diet such as Fish, Chicken, Potatoes, Cauliflower
- Do not smoke or cut back cigarettes or use any tobacco-containing products.
- Do not use coloured toothpaste.
- Do not wear lip stick

### Drinks

Water — cold	Water hot with a dash of lemon barley cordial
Milk	Lemonade
Colour-free cordial	Lemon barley cordial
White wine and of course Champagne!	White grape juice

### Breakfast

Banana	Natural or vanilla flavoured yoghurt
White bread — brown crusts cut off	White honey
Banana Smoothie e.g. milk, banana, Natural yoghurt, vanilla ice cream	

### Lunch or Dinner

White bread — brown crusts cut off	Mayonnaise
Smoked chicken — no dark skin	Roast chicken — no skin
Poached chicken	Steamed white fish
White pasta with a white sauce (add chicken or fish as above)	White rice
	Feta cheese
Potatoes — boiled or mashed, no skin	Cauliflower — steamed
White onions	White sauce

### Dessert

Rice pudding, no skin	Vanilla ice-cream
Banana	Vanilla yoghurt
White chocolate	Pavlova with cream or natural yoghurt dressed with fresh banana