

Foods to Reduce Mouth Odor

1.Introduction:

Chronic bad breath (halitosis) can often be improved by eating foods that promote good oral hygiene and reduce bacteria in the mouth.

2.Key Nutrients to Focus On:

1. **Antimicrobial Compounds:** Help kill bacteria that cause bad breath.
2. **Fiber:** Helps clean teeth and gums, reducing the buildup of bacteria.
3. **Vitamin C:** Supports gum health and fights bacteria.

3.Top Foods:

1. **Parsley:** Contains chlorophyll, which neutralizes bad breath.
2. **Yogurt:** The probiotics in yogurt reduce bacteria that cause bad breath.
3. **Apples:** Their crunchy texture helps clean teeth and gums.
4. **Green Tea:** Rich in polyphenols, which reduce bacteria in the mouth.
5. **Cucumbers:** Hydrating and helps wash away bacteria.

4.Scientific Backing:

1. A study in the International Journal of Dental Hygiene suggests that probiotics and polyphenols reduce bad breath.
 2. Link: [Read on home remedies for mouth odor](#)
- **CTA: A must-read article to reduce mouth odor**