

# SMILE PRETTY: HOUSTON'S BEST DENTISTS—FORGET THE DREAD!

maintain your  
**HEALTH + WELLNESS**

// TRAVEL DIET TIPS // DENTIST-APPROVED

## SAFE AND SKINNY TRAVELS

Although vacations are synonymous with splurging—swanky hotels, spa treatments, fancy dinners—that doesn't mean you should kick your diet to the curb.

You've worked hard to drop those pounds! Stay on track (and in your new dress size) while you relax, with these smart strategies from Kristi King, a registered dietitian with Baylor College of Medicine and Texas Children's Hospital.

**SIZE UP THE SCENE.** "Check out restaurants near where you are staying and get an idea of the local cuisine and menus. Grocery shop or find a local farmers' market as soon as you get there."

**EAT IN.** "If you're renting a house or condo, plan to have some meals at 'home.' This saves calories and money."

**DIVIDE AND CONQUER.** "Order half portions at meal times or, better yet, split the meal with the family."

**GET MOVING.** "Walk for your sightseeing tours, swim in the ocean or hotel pool, or find other fun activities such as hiking and biking that will get you burning calories."

**TREAT YOURSELF.** "Don't stress about calories. Enjoy the local cuisine and allow yourself small amounts. A good rule of thumb is to limit local treats to one per day."



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Keep your mouth looking, feeling—and let's face it, smelling—kissable with these new dentist-approved products.



### BRUSHA, BRUSHA, BRUSHA

Don't want to spring for an electric toothbrush? Research at the University of Pennsylvania found the **EVOLVE toothbrush** three times more effective at cleaning the gum line and below. Its dentist-developed Triple Flexing brush head helps you reach all those crevices—without the buzzing. Perfect for ages six and up, and for those with sensitive chompers (\$15; [www.evolveoralcare.com](http://www.evolveoralcare.com)).

### NON-ALCOHOLIC SPRITZER

Back in the '90s, breath spray was so potent, you felt like you'd fail a breathalyzer test. **CloSYS Fresh Breath Oral Spray** is not only free of alcohol, but it's pH balanced so you won't feel the burn, either. The sugar-free minty refresher fits perfectly in even the smallest of clutches (\$1.99; [www.closys.com](http://www.closys.com)).



### CHOCOLATE CHEW

Get your chocolate fix while caring for your pearly whites—really! **Ortek BasicBites** feature the brand's patented technology (a blend of arginine, bicarbonate and calcium) to mimic saliva and help balance your oral pH, especially great for dry-mouth sufferers and self-confessed sugar addicts. The sugar-free, calcium-rich chews are just 20 calories each (\$39.95 for 120; [www.basicbites.com](http://www.basicbites.com)).

—Amanda Altman