

# The “White Diet”

## What to Eat and Avoid After Professional Teeth Whitening

The golden rule: If it would stain a white t-shirt, don't put it in your mouth. This simple test makes it easy to protect your bright new smile after professional teeth whitening.

**Note:** Follow the White Diet strictly for the first 48 hours (ideally up to 7 days) for the longest-lasting results and minimal sensitivity.

### Foods & Drinks to AVOID (First 48 Hours)

- [ ] Coffee and black tea
- [ ] Red wine (white wine is also acidic – limit it)
- [ ] Dark sodas and colored sports drinks
- [ ] Tomato-based sauces and soy sauce
- [ ] Dark chocolate
- [ ] Berries (blueberries, blackberries, cherries)
- [ ] Beets and other deeply colored vegetables
- [ ] Curry and turmeric
- [ ] Tobacco products of any kind

### Safe Foods & Drinks to ENJOY

- [ ] Water (your best friend – drink plenty!)
- [ ] White milk and dairy products
- [ ] Chicken, turkey, and white fish
- [ ] White rice and pasta
- [ ] Bananas and light-colored fruits
- [ ] Cauliflower and white vegetables
- [ ] White cheese and eggs
- [ ] Clear or white liquids