

The UCD Wellness Connection

November 2025



Savoring Thanksgiving: Delicious food and healthy smiles

This Thanksgiving, you can have your pie and healthy teeth, too. There are surprising dental health benefits hiding in some of your favorite holiday dishes.

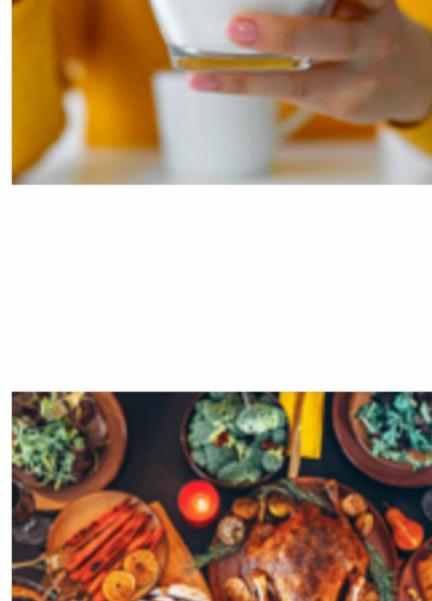
[Discover the perks →](#)



How diabetes impacts your saliva and oral health

Diabetes can change your saliva — and not for the better. Learn why saliva is important to your mouth and the toll high-blood sugar can take on your teeth and gums.

[Discover saliva's role →](#)



Sweet deception: unmasking sugar myths

Is sugar really as bad as everyone says? Uncover the truth about this tasty carbohydrate.

[Learn the facts →](#)



Holiday Trivia

Which vitamin, found in holiday foods like pumpkin, carrots and sweet potatoes, supports eye health? (Hint — It's what gives them their orange color.)

[Find out →](#)