**How to Keep Teeth White Naturally**

There are many effective methods of teeth whitening available, but some come with heavy price tags. Here are some steps you can take at home to whiten teeth naturally without breaking the bank.

**Things You Need:**

* Straw
* Toothbrush
* Lemon Juice
* Salt
* Baking soda
* Hydrogen peroxide
* Strawberries

**Step 1:**

Limit your consumption of drinks that stain tooth enamel. A few of these include coffee, tea and red wine. If you simply can't cut back on these beverages, consider drinking them though a straw to limit the amount of liquid that actually comes in contact with teeth.

**Step 2:**

Brush your teeth immediately after eating, especially if eating foods that stain easily, such as berries.

**Step 3:**

Rub raw strawberries on your teeth, preferably pureed. There is an enzyme in strawberries that acts as a whitening agent. You'll want to brush and rinse after applying the strawberries to remove the natural sugars and acids they may leave behind.

**Step 4:**

Eat crunchy foods that require a lot of chewing such as carrots, celery, broccoli and apples. These foods are abrasive and will remove built up plaque, which dulls the appearance of teeth.

**Step 5:**

Dip your toothbrush directly into baking soda and brush. The results are worth the lousy taste.

**Step 6:**

Combine lemon juice and one teaspoon of salt to make a paste-like substance. Brush your teeth and rinse. Again, not so pleasant on the palate, but your teeth will thank you.

**Step 7:**

Use hydrogen peroxide to brush your teeth. Dip your toothbrush into a small capful of the peroxide and brush as you would with regular toothpaste, being careful not to swallow. Rinse with water.

**- Tips -**

* Consider using one of the several whitening toothpastes on the market that have all-natural ingredients.
* Brushing after every meal and flossing regularly are the first steps in maintaining a healthy smile.