





Q4 2019

75% STRONGER ALL-DAY HOLD
VS. LEADING PASTE

[LEARN MORE](#)


[Join](#) [Renew](#) [Help](#) [Member Benefits](#)


[AARP Rewards](#) [Register](#) [Login](#)


BRANDAMP BY AARP | [Website Tools](#)

Sponsored by **SEABOND**

Planning the Holidays?

Denture-friendly food tips that give you the confidence to say yes, please!

by **Sea-Bond (Paid Content)**



By **SEA-BOND**

Let your smile shine through this holiday season.

It's that magical time of the year again, to celebrate all we are thankful for and for gathering around the table with family and friends to indulge in our favorite holiday dishes. Don't let your dentures hold you back this holiday. Sea-Bond Denture Adhesive Seals works differently and gives you all-day hold without the mess of a denture paste.


Say yes please to everything you hold dear and savor the holidays with these denture-friendly food tips that will give you confidence.

5 Denture-Friendly Food Tips for This Holiday Season

- Cheers to the holidays** - raise your glass and celebrate all you're thankful for with white wine or Champagne over red wine to prevent staining your dentures.
- Merry maneuvers** - cut food into smaller bites to make chewing a little easier, bite from the side of your mouth rather than the front, and chew your food in the back.
- Savable sweets** - pumpkin pie, apple pie and cheesecake are plentiful during the season, indulge on soft treats over sticky and sugary desserts that can cause dentures to loosen while chewing.
- Stay hydrated** - sip water frequently to soften your food and keep your dentures moist.
- Rinse after meals** - Remove and rinse dentures after eating. Run water over your dentures to clear food debris and other loose particles.

Whether you're entertaining at home or bringing a dish to a friend's house, try this festive and denture-friendly recipe! This seasonal vegetable casserole is easy to prepare and can be made a day ahead of time.

Roasted Vegetables



By **SEA-BOND**

Seasonal denture-friendly roasted vegetables

Makes 12 servings

Ingredients

- 1 small butternut squash, cubed
- 2 red bell peppers, seeded and diced
- 1 sweet potato, peeled and cubed
- 3 Yukon Gold potatoes, cubed
- 1 red onion, quartered
- 1 tbsp chopped fresh thyme
- 2 tbsp chopped fresh rosemary
- 1/4 c olive oil
- 2 tbsp balsamic vinegar
- Salt and freshly ground black pepper

Directions:

1. Preheat oven to 475 degrees F (245 degrees C).
2. In a large bowl, combine the squash, red bell peppers, sweet potato, and Yukon Gold potatoes. Separate the red onion quarters into pieces, and add them to the mixture.
3. In a small bowl, stir together thyme, rosemary, olive oil, balsamic vinegar, salt and pepper. Toss with vegetables until they are coated. Spread evenly on a large roasting pan.
4. Roast for 35 to 40 minutes in the preheated oven, stirring every 10 minutes, or until vegetable are cooked through and browned.

Live confidently! Sea-Bond lets you smile, savor great foods and enjoy the holidays to the fullest. Click here to discover Sea-Bond now.

Also of Interest:

- [Feel confident in your dentures this holiday season](#)



SEABOND
DENTURE ADHESIVE SEALS

75% STRONGER ALL-DAY HOLD
VS. LEADING PASTE

30 LOWERS

SEABOND
DENTURE ADHESIVE SEALS

VEL STRONGER ALL-DAY HOLD

NO MESS, NO MESS, CUSTOMER SUPPORT

[LEARN MORE](#)

Join or Renew Today & Save 25%

Start Getting Your Member Benefits Today!

- Hundreds of discounts, programs and services
- Subscription to "AARP The Magazine"
- Free membership for your spouse or partner

[JOIN NOW](#)

[View Benefits](#) [Renew Now](#) [Get Card](#)



SEABOND

30 LOWERS

SEABOND
DENTURE ADHESIVE SEALS

75% STRONGER ALL-DAY HOLD
VS. LEADING PASTE

[LEARN MORE](#)