



Oral Health Nutrition

At any age, a complete oral health home program includes sound nutritional habits. Many of the foods that help your body build strong muscles and bones also help build strong, healthy teeth and gums.

Dairy products provide calcium and vitamin D for strengthening teeth and bones. Breads and cereals supply B vitamins for growth and iron for healthy blood, which in turn contributes to healthy gum tissue. Fruits and vegetables containing vitamin C (among other important vitamins) are essential to maintaining healthy gums.

Lean meat, fish, poultry and beans provide iron and protein for overall good health, and magnesium and zinc for teeth and bones.

And if you are among the million Americans who smoke, your dental hygienist will educate you about the hazards of tobacco and work with you to establish a smoking cessation program.