





Build Strong Teeth

Essential vitamins and minerals for a healthy mouth



Add these building blocks to your diet to maintain your teeth and gums.

Calcium 	Vitamin C 	Vitamin D 	Vitamin A 
<p>Strengthens bones and extends the life of your teeth. Find it in:</p> <ul style="list-style-type: none"> • Cheese, milk, yogurt and other dairy products • Sardines or canned salmon • Leafy green vegetables (collard greens, kale, spinach) • Fortified soy milk 	<p>Protects against gum disease and prevents teeth from loosening. Find it in:</p> <ul style="list-style-type: none"> • Oranges • Carrots • Sweet potatoes • Chili and bell peppers • Kiwi • Kale • Spinach 	<p>Helps you absorb calcium. Find it in:</p> <ul style="list-style-type: none"> • Direct exposure to sunlight • Fatty fish (salmon, halibut, sardines) • Fortified milk, juice or cereal • Egg yolk • Beef liver • Mushrooms 	<p>Helps your mouth heal quickly, strengthens enamel and prevents dry mouth. Find it in:</p> <ul style="list-style-type: none"> • Fortified milk • Chicken or beef liver • Leafy green vegetables (collard greens, kale, spinach) • Orange fruits and vegetables (apricots, cantaloupes, carrots, pumpkins, sweet potatoes)



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