

# 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

> Strengthens bones and extends the life of your teeth

**Found in** cheese, milk, yogurt and other dairy products | sardines or canned salmon | leafy green vegetables (collard greens, kale, spinach) | fortified soy milk

### Vitamin D

> Helps you absorb calcium

**Found in** direct exposure to sunlight | fatty fish (salmon, halibut, sardines) | fortified milk, juice or cereal | egg yolks | beef liver | mushrooms

### Vitamin A

> Helps your mouth heal quickly

> Strengthens enamel

> Prevents dry mouth

**Found in** fortified milk | chicken or beef liver | leafy green vegetables (collard greens, kale, spinach) | orange fruits and vegetables (apricots, cantaloupe, pumpkin, sweet potatoes, carrots)

### Vitamin C

> Keeps gums healthy

> Protects against gingivitis (inflammation of the gums)

> Prevents teeth from loosening

**Found in** oranges | carrots | sweet potatoes | chili and bell peppers | kiwi | kale | spinach



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