

Dental "superfoods"

There are many foods that provide added benefits for your teeth and gums that you might not have realized previously. Some of the most important qualities to look for include foods that are good sources (10-19% of the Daily Value of a certain vitamin/nutrient) or excellent sources (20% or more of the Daily Value of a certain vitamin/nutrient) of calcium, phosphorus, folic acid, vitamin A, D, and C, and low in sugar.

- Without vitamin C—collagen in your gums breaks down
- Vitamin D helps your body to better absorb calcium
- Phosphate and calcium strengthen teeth and bones

It's also important to include foods that make you chew a lot and help stimulate saliva, such as crunchy fruits and veggies, which also help massage gums and naturally scrub away food particles. Additionally, omega-3 fatty acids help reduce inflammation. Below are some of the best dental "superfoods" that you can encourage patients to add to their diet:



Dark chocolate*

- ✓ Contains CBH (helps harden tooth enamel)
- ✓ Polyphenols, tannins, flavenoids

*at least 70% cacao and above



Almonds

- ✓ Protein
- ✓ Calcium
- ✓ Low sugar



Garlic

- ✓ Contains allicin (prevents proliferation of harmful oral bacteria)



Leafy greens - spinach & kale

- ✓ Calcium
- ✓ Vitamin A
- ✓ Folic acid
- ✓ Vitamin C



Cheese*

- ✓ Casein and calcium
- ✓ Phosphate
- ✓ Protein

*Found to neutralize acidity by increasing pH levels



Salmon

- ✓ Vitamin D
- ✓ Calcium
- ✓ Phosphorus
- ✓ Omega-3 fatty acids (reduce inflammation)



Crunchy fruits and veggies

- Carrots** Good fiber, vitamin A, high water content, keratin, help balance pH
- Onions (raw)** Antibacterial sulfur (helps kill some oral bacteria)
- Celery** Acts as a natural toothbrush and helps increase saliva
- Apples** Natural sugars help neutralize oral bacteria, good fiber, high water content, fibrous texture stimulates gums, many vitamins



Strawberries*

- ✓ Malic acid (natural tooth whitener)

*rinse and brush/floss after so seeds don't get stuck



Yogurt (unsweetened)

- ✓ Casein
- ✓ Calcium



Green and black Teas

- ✓ Contain polyphenols – antioxidants that suppress/kill bacteria, prevent plaque buildup
- ✓ Black tea helps fight bad breath
- ✓ Green tea contains catechins (kill bacteria leading to gum disease)