Do you want strong, healthy teeth?

On top of proper oral hygiene and regular dental visits, try adding some of these foods to your diet:

**Foods rich in Calcium:**
- Cheeses
- Carrots
- Nuts
- Beans
- Leafy Greens
- Edamame

**Foods rich in Phosphorous:**
- Chicken
- Beef
- Whole Grains
- Tomatoes

**Foods rich in Vitamin D:**
- Sardines
- Milk
- Eggs
- Milk
- Fatty Fish