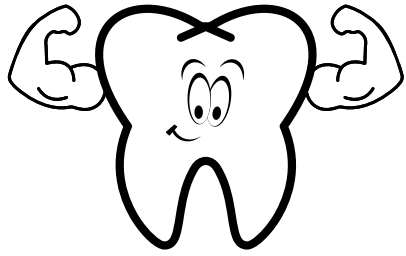


Do you want strong, healthy teeth?



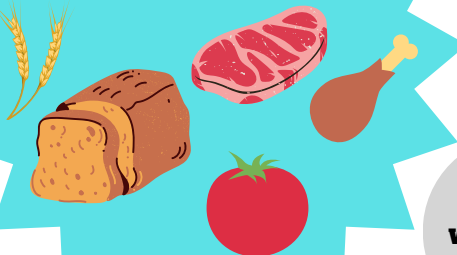
On top of proper oral hygiene and regular dental visits, try adding some of these foods to your diet:

Foods rich in Calcium:



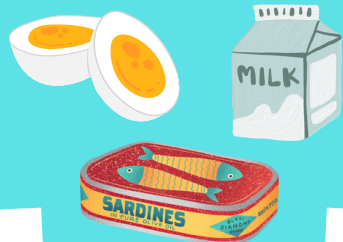
**Cheeses
Carrots
Nuts
Beans
Leafy Greens
Edamame**

Foods rich in Phosphorous:



**Chicken
Beef
Whole Grains
Tomatoes**

Foods rich in Vitamin D:



**Eggs
Milk
Fatty Fish**