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EAT WELL, CARE WELL. ORAL HEALTH CARE TIPS

Oral health is one area that is unfortunately often forgotten. Oral health is extremely important, especially as we get older. Calcium and vitamin D are nutrients that will keep your teeth strong. Teeth are bones and require the same nutrients as the rest of our bones. Foods that are high in calcium and vitamin D include dairy products like milk and cheese. Vitamin D is also found in salmon and mushrooms. However, since teeth are exposed, they also need to be brushed and flossed daily. The American Dental Association recommends brushing twice a day for two minutes and flossing once per day. You can also keep your smile healthy by avoiding highly sugary foods as they can cause decay in the teeth leading to cavities. Leaving cavities untreated can lead to more serious problems like root canals and even needing teeth removed. Visiting the dentist twice per year can help prevent more serious problems before they happen, so make sure to keep regular appointments scheduled!

Source: American Dental Association <https://www.mouthhealthy.org/>

WEEKLY CHALLENGES

FLOSS EVERYDAY

**BRUSH TWICE EACH
DAY**

**HAVE A DAIRY
SNACK**

**MAKE A SMOOTHIE
WITH GREEK
YOGURT, MILK AND
FRUIT**

DID YOU KNOW?

**LOW FAT AND FAT FREE
DAIRY FOODS CAN
ENHANCE YOUR ORAL
HEALTH.**

Bone Healthy Foods



Salmon: Rich in vitamin D



Leafy Greens: Rich in calcium



Broccoli: Rich in calcium



Cheese: Rich in calcium and vitamin D



Soy Products: Rich in calcium