





# Build Strong Teeth

Essential vitamins and minerals for a healthy mouth



Add these building blocks to your diet to protect your teeth and gums.

Calcium 	Vitamin C 	Vitamin D 	Vitamin A 
<p>Strengthens bones and extends the life of your teeth. Find it in:</p> <ul style="list-style-type: none"> <li>• Cheese, milk, yogurt and other dairy products</li> <li>• Salmon or sardines</li> <li>• Leafy green vegetables (collard greens, kale, spinach)</li> <li>• Fortified soy milk</li> </ul>	<p>Protects against gum disease and prevents teeth from loosening. Find it in:</p> <ul style="list-style-type: none"> <li>• Oranges</li> <li>• Carrots</li> <li>• Sweet potatoes</li> <li>• Chili and bell peppers</li> <li>• Kiwi</li> <li>• Kale</li> <li>• Spinach</li> </ul>	<p>Helps you absorb calcium. Find it in:</p> <ul style="list-style-type: none"> <li>• Direct sunlight exposure</li> <li>• Fatty fish (halibut, salmon, sardines)</li> <li>• Fortified milk, juice or cereal</li> <li>• Egg yolk</li> <li>• Beef liver</li> <li>• Mushrooms</li> </ul>	<p>Helps your mouth heal quickly, strengthens enamel and prevents dry mouth. Find it in:</p> <ul style="list-style-type: none"> <li>• Fortified milk</li> <li>• Chicken or beef liver</li> <li>• Leafy green vegetables (collard greens, kale, spinach)</li> <li>• Orange fruits and vegetables (apricots, cantaloupes, carrots, pumpkins, sweet potatoes)</li> </ul>



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