

Healthy Nutrition for Healthy Teeth!

Good nutrition helps your child's growing teeth!



Fruits provide vitamin C, help protect gums, and prevent infection.



Vegetables provide vitamin A, build strong tooth enamel, and protect against gum disease.



Dairy is rich in Vitamin D, calcium, phosphorus, builds strong enamel, and fights off cavities and tooth decay.



Protein strengthens enamel and helps teeth grow and stay strong.



Grains contain Vitamin B and iron, keep gums healthy, and fight off sickness against gum disease.

Nutrients are the parts of food that give us energy and help us grow. These nutrients are important to healthy teeth:

Vitamins

- Keep teeth strong
- Helps gums stay healthy



Fats

- Strengthens enamel
- Reduces gum disease



Protein

- Helps teeth grow
- Builds strong enamel



Nutrients to Eat in Small Sizes

- Sodium (salt) can weaken enamel and harm gums
- Sugar causes cavities and tooth decay

