

BUILDING BLOCKS FOR STRONG TEETH



CALCIUM AND VITAMIN D

› **Calcium:** Strengthens bones and extends the life of your teeth

› **Vitamin D:** Helps you absorb calcium

Where can you find them?

Calcium: Cheese, milk, yogurt and other dairy products | Sardines or canned salmon | Leafy green vegetables (collard greens, kale, spinach) | Fortified soy milk

Vitamin D: Direct exposure to sunlight | Fatty fish (salmon, halibut, sardines) | Fortified milk, juice or cereal | Egg yolks | Beef liver | Mushrooms

VITAMIN A

› Helps your mouth heal quickly

› Strengthens enamel

› Prevents dry mouth

Where can you find it?

Fortified milk | Chicken or beef liver | Leafy green vegetables (collard greens, kale, spinach) | Orange fruits and vegetables (apricots, cantaloupe, pumpkin, sweet potatoes, carrots)

VITAMIN C

› Keeps gums healthy

› Protects against gingivitis (inflammation of the gums)

› Prevents teeth from loosening

Where can you find it?

Oranges | Carrots | Sweet potatoes | Chili and bell peppers | Kiwi | Kale | Spinach

DID YOU KNOW?

- › Only 19% of girls ages 9 to 19 get the recommended dietary allowance (1,300mg) of calcium a day.
- › Dark-skinned and older people are at a higher risk of vitamin D deficiency.
- › Vitamin A also improves night vision.
- › The name “ascorbic acid,” the nutrient in vitamin C, means “no scurvy.”



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