

Oral Health Nutrition



We often think about dental health as brushing our teeth, flossing, and going to the dentist on a regular schedule but there are other things that you can do to keep your mouth healthy as well. The foods you eat can play a big role in your oral health. Use these nutrition tips to help keep your teeth and gums healthy!

Limit Added Sugars

Sugar intake contributes greatly to the formation of cavities and tooth decay.

While some sugars are naturally occurring in foods, lots of foods have sugar added to them. Look at the nutrition facts label under “added sugars” and try to choose foods with <5% of your daily value of added sugar

High Sugar Foods to Avoid or Limit

- Soda
- Sugar-sweetened beverages (sports drinks, sweetened coffee, juice, sweet tea)
- Candy
- Some breakfast cereals
- Cookies & pastries
- Some low-fat yogurt



Total Carbohydrate	37g	13%
Dietary Fiber	4g	14%
Total Sugars	12g	
Includes	10g Added Sugars	20%
Protein	3g	
Vitamin D	2mcg	10%
Calcium	260mg	20%
Iron	8mg	45%

Choose Fruits & Vegetables

Fruits and veggies are full of vitamins and minerals that can protect your teeth and gums from damage and infection. Eating crisp and crunchy fruits and vegetables can also help to clean your teeth! Eat a variety of different colors and textures as they all offer different health benefits.

Get in Your Dairy

Dairy products such as milk, yogurt, and cheese contain both calcium and protein. Both help to keep your teeth healthy and strong. If you cannot tolerate dairy, a milk alternative that has been fortified with calcium counts as well! The recommended amount of dairy is at least 2-3 servings of dairy per day.

Choose Whole Grains

Whole grains contain more vitamins, minerals, and fiber than refined grains. Simple swaps like whole grain bread, brown rice, or whole wheat pasta contain more nutrients and still taste great!