
NUTRIENTS THAT PROMOTE ORAL HEALTH

NUTRIENT	COMMON SOURCES	HOW IT HELPS
Vitamin C	citrus fruits (oranges, limes, lemons, grapefruits), kiwifruits, strawberries, bell peppers, broccoli, Brussels sprouts, cantaloupes, kale	Antioxidant activity may help prevent or delay onset of periodontal disease.
Vitamin E	wheat germ, vegetable oils, nuts, seeds	Antioxidant activity may help prevent or delay onset of periodontal disease.
Beta-carotene	carrots, winter squash, pumpkins, sweet potatoes, apricots, mangoes, peaches, dark green vegetables	Antioxidant activity may help prevent or delay onset of periodontal disease.
Fluoride	fluoridated water, toothpaste, mouthwashes	Prevents cavities.
Protein	animal products, soybeans, nuts, seeds	Helps prevent cavity-promoting acidic conditions in the mouth.
Fiber	whole grains, fruits, vegetables, legumes (dried beans), seeds, nuts	Helps prevent cavities by promoting salivary flow.
Calcium	dairy products (also a good source of casein [milk protein]): choose low- or nonfat varieties; broccoli, calcium-fortified foods, some brands of tofu	Promotes general bone and tooth health.
Xylitol	certain brands of sugarless chewing gum	Helps clear the mouth and promotes saliva flow, thus helping prevent cavities.
Tea	black or green tea leaves (can chew or brew)	Association is not clear, but antioxidant properties of tea may play a role in preventing cavities.
Water	tap or bottled	Clears mouth of cavity-causing foods, promotes hydration, and helps control dry mouth.

Diabetes Self-Management, "Nutrition for Dental Health" by Julie Lichty Balay, MS, RD

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