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# **Good Nutrition For Good Dental Health Lesson Plan**

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## **Good Nutrition For Good Dental**

Foods for Optimum Oral Health Calcium-rich foods, such as low-fat or fat-free milk, yogurt and cheese, fortified soy drinks and tofu, canned salmon,...

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Phosphorus, found in eggs, fish, lean meat, dairy, nuts and beans is good for strong teeth. Vitamin C promotes gum health, so eat plenty of citrus ...

## **Healthy Nutrition for Healthy Teeth**

Healthy Tips Drink plenty of water Eat a variety of healthy foods from the five major food groups Cut down on snacking in between

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meals Limit snacks and drinks that are high in sugar Brush twice a day Floss daily Visit your dentist for regular check-ups

## **Nutrition and Good Oral Health**

Learn how your diet affects your oral health, nutrition basics, tips to reduce your risk of cavities and more. ...  
Good Foods for Dental Health: 9 Worst Foods for Your Teeth . What

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Nutrition For  
to Eat When You're  
Having Dental Issues .

... GKAS volunteers  
provide free dental  
health education,  
screenings, preventive  
care, and/or treatment  
for kids.

## **Nutrition and Dental Health - American Dental Association**

Eat mostly whole,  
nutrient-dense foods  
that provide plenty of  
calcium, phosphorus,  
magnesium, vitamin K

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(especially K2) and vitamin D. Foods like leafy green vegetables, nuts, seeds, hard aged cheeses, plain yogurt, meats, natto, beans, mushrooms, fish, eggs, and organ meats all work here. Oh, and make sure you get some sunlight.

### **The dental diet: 10 nutrition strategies for healthy teeth ...**

The MyPlate model is individualized based on



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age, gender, height, weight, and daily activity level. So proper nutrition isn't so clearly defined anymore. Head on over to the MyPlate Checklist to find your ideal balance, but essentially a lot of the basics still stand, including eating plenty of: Fruits. Vegetables.

## **The Importance of Good Nutrition for Good Oral Health ...**

Find information on

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which foods and drinks are good or teeth and which to avoid. Learn more about how nutrition can impact the health of your teeth, gums, and overall oral health. Find information on which foods and drinks are good or teeth and which to avoid. ... Both dental crowns and bridges are fixed prosthetic devices. Find out more about ...

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## **Nutrition & Oral Health - Oral Health and Dental Care**

Vitamin D doesn't act alone for good oral health. It's just one of the fat-soluble vitamins required for good dental health. Vitamins A, K1, K2 and vitamin E all play key roles in your teeth health too.

## **Diet and Dental Health: A Dentist's**

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## **Guide to Improve Your Life**

Saliva helps wash foods from the mouth and lessens the effects of acids, which can harm teeth and cause cavities. For good dental health, always remember to brush twice a day with fluoride toothpaste that has the American Dental Association Seal of Acceptance, floss daily and visit your dentist regularly.

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**Diet for Healthy  
Teeth - American  
Dental Association**

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Goal: WIC participants will understand the impact of food on oral health and will be able to select nutritious foods that are good for teeth. Objectives: WIC participants will be able to: A. Identify nutritious foods that

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**Dental Health**

**Goodman ...**

Include good sources of calcium in your child's diet to build strong teeth. Good sources include milk, broccoli and yogurt. Choose xylitol-sweetened or sugar-free gum If your child chews gum. Xylitol has been shown to reduce

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the amount of bacteria in the mouth and the chewing action helps increase the flow of saliva.

## **Nutrition & Your Child's Dental Health - Cleveland Clinic**

Perhaps the most obvious nutrition tip, it's nonetheless the most important. A healthy, balanced diet centered on moderation and variety that includes foods

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from the five major food groups is the foundation of good oral health. Poor dietary habits can drastically alter the pH levels in the mouth.

## **Top Nutrition Tips for Good Oral Health**

...

Are you going to go the good-for-you route with plenty of fruits, veggies, grains and lean proteins or are you going to give in to



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the temptation of snack cakes, candy and sugar-filled drinks ? Take a POSITIVE approach to eating and avoid the dentist's drill.

## **Dental Nutrition | Dental.net**

Copper is a must for maintaining good dental health. Including bananas, figs, apricots, dates, raisins and tomatoes to your diet will remove any Potassium deficiencies.

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Foods that are rich in Zinc, such as sunflower seeds, spinach, mushrooms and liver, are very important for teeth and gum health.

### **Good Foods for Good Oral Health - Nutrition**

Juices, sodas, and even milk contain sugar.

Water does not harm the teeth and aids in washing away any food particles that may be clinging to teeth.

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Include good sources of calcium in your child's...

### **Nutrition and Healthy Teeth - WebMD**

Lean cuts of meat and poultry have less fat and fewer calories but are still good sources of protein. Try other sources of protein Try replacing meats and poultry with fish, beans, or tofu.

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**The Importance of  
Good Nutrition |  
Tufts Health Plan ...**

Maintaining a good dental health is essential for the overall wellbeing of the body. Some of the foods that best for your dental health includes cheese, celery, raisins, onions, shiitake mushrooms, green tea, milk, kiwi, cranberries, leafy green, carrots, ginger, nuts, garlic and yogurt. Shiny, clean teeth are

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what gives you a  
radiant appearance.

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## **15 Best Food for Your Dental Health - Natural Food Series**

Dentists and dieticians can work with parents in helping their clients choose healthy foods like fruits, vegetables, high-quality protein foods and low-sugar snacks and cereals can decrease the risk for developing cavities disease (and of course

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good oral hygiene).

Cardiovascular  
Disease, Diabetes, and  
Periodontal Disease

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## **The Importance of Good Nutrition for Oral Health: A ...**

Get in the good habit of comparing the nutrition facts table on drinks to choose products that are lower in sodium, sugars or saturated fat. Make water your drink of choice and reduce your

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intake of sugary drinks  
and sweets which  
could contribute to  
tooth decay.

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