

# A healthy balanced diet is good for our teeth and gums

## Calcium – keeps teeth strong Find in food and drinks such as:

- Milk – low fat
- Yoghurt
- Hard cheese
- Tofu
- Bread
- Green beans, green cabbage, broccoli
- Seafood
- Fish where you eat the bones, such as sardines and pilchards
- Almonds, brazil nuts, sunflower seeds



## Phosphorus – a mineral that helps build strong bones and teeth

Find in food such as:

- Meat
- Dairy foods
- Poultry
- Fish
- Oats
- Brown rice
- Bread



## Vitamin D – helps absorb calcium Find in food and drinks such as:

- Egg yolks
- Red meat
- Liver
- Oily fish, such as salmon, herring & mackerel
- Fortified\* foods – some fat spreads and breakfast cereals
- Fortified\* plant based milks – soya, almond, rice



## Vitamin A – good for saliva production Find in food such as:

- Carrots
- Egg yolks
- Orange coloured fruits
- Fish
- Sweet potatoes



## Vitamin C – keeps gums healthy Find in food such as:

- Broccoli
- Kiwi
- Oranges
- Peppers
- Sweet potatoes
- Tomatoes
- Spinach
- Broccoli
- Strawberries
- Kale
- Blackcurrants
- Brussel sprouts



## Crunchy Fruits, Vegetables and Nuts– contain high fibre for ‘scrubbing’ teeth and produces saliva to neutralise bacteria Find in food such as:

- Apples
- Cucumbers
- Sweetcorn
- Cashew nuts
- Carrots
- Celery



Information Source: [Vitamins and minerals - Vitamin C - NHS \(www.nhs.uk\)](https://www.nhs.uk)