

HEALTHY TEETH AND DIET

A diet rich in vitamins and minerals can naturally strengthen tooth enamel and protect your teeth against food and drinks that cause acid erosion,

Calcium is one of the most important minerals for healthy teeth because it strengthens your enamel. Dairy products can be a fantastic source of calcium, but so are leafy greens, beans, and almonds.

Vitamin D boots mineral density and also helps absorb, carry, and deposit calcium in the bones that support your teeth. Some dairy products and cereal are fortified with vitamin D, but you can also get it from the sun.

Phosphorus plays a critical role in dental health as it naturally protects and rebuilds tooth enamel. The best sources of phosphorus can be found in protein rich foods like meat, poultry, fish, and eggs.

Vitamin A is a key nutrient in keeping your gums healthy as well as building tooth enamel. Most foods with vitamin A are orange. Sweet potato, cantaloupe and carrots are all vitamin A powerhouses.

Vitamin C supports the growth, development, and replacement of all body tissues, including your gums and other soft tissue in your mouth. In combination with Calcium, it maintains the upkeep of your cartilage, bones, and teeth. This vitamin will also help protect against the notorious gum disease, gingivitis and can keep your teeth from becoming loose in your gums.



Vitamins and minerals are important factors when it comes to your overall health. Not only are vitamins and minerals key to helping your body function properly, but they're also essential to your teeth, gums, and enamel. Doing your part to keep your teeth and gums healthy is crucial, but don't forget to visit your dentist regularly for tips and tricks on adding vitamins and minerals into your daily routine.