



Nutrition for Oral Health

Oral health is so much more than oral hygiene, yes brushing our teeth is very important but so is building them. Early childhood is a time to lay down future health foundations, including oral health.

How does nutrition impact on oral health? What foods help to build teeth? what nutrients support gum health? What exactly does too much sugar do?



Fruits

Whilst healthy, fruit sugar still impacts on teeth. When serving fruit, offer with other items such as cheese or milk they balance PH level in the mouth.

Building Nutrients

The foods that support good dental health are very similar to those that support bone health and development so some of these tips will help builds strong bones too! The main 'building nutrient' is calcium

Calcium & Friends

Calcium is a super-important mineral but it can't work alone. In order to function well, calcium needs other vitamins and minerals or 'friends'

Calcium & Friends

For our body to absorb the calcium from the foods that we eat, we need to have a supply of Vitamin D. Vitamin D works with your tummy to help the absorption of calcium from the small intestine into the bloodstream.

Sweet Foods

If you must include sweet food - Dark chocolate contains Theobromine which helps protect teeth. Try to avoid sweets that are 'prolonged' in the mouth such as sucking on a hard lolly or a chewy sweet for a long time

Helper Nutrients

It isn't just our teeth that come under the heading of Oral Health. Oral health also covers the mouth structure (our jaw), gums and saliva production. To support these areas of our mouth we need a different set of vitamins and minerals including Iron and Vitamin A

Foods to include

Green veggies can be very good sources of calcium especially Kale.
Fish - great source of vitamin D (to help the body absorb calcium), Phosphorus and is anti-inflammatory to support gum-health

Foods to include

Fruit and veg which are orange, yellow and red are great sources of vitamin A which helps with saliva production
Iron can be found in meats, beans, nuts, dried apricots and fortified products such as cereals and spreads

