



Nutrition for Good Oral Health



Eating essential nutrients helps in disease prevention, growth, and good overall health.




Healthy unsaturated fats are found in avocados, seeds, and fish (especially salmon and sardines).



- Vegetables and fruits have **antioxidant vitamins**
 - Dairy products have **Vitamin-D**
- They both lower stress markers



These vitamins regulate the body's response to harmful substances and help fight against gum disease 



Eating fiber from whole grains and vegetables is related to a lower risk of gum disease



Scan me for resources & to learn more!

