

Pediatric Dentistry

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Parents Corner

Eating for Healthy Teeth & Gums

The right foods can contribute to oral health by providing nutrients that strengthen enamel, protect the gums, and minimize damage from sugars. Check out these healthy foods that help keep kids' smiles healthy!

Dairy

- Cheese
- Milk
- Yogurt



Benefits: Strengthens enamel and jawbone, helps prevent tooth decay.

Veggies

- **Crunchy Veggies:** Celery, Carrots
- **Leafy Greens:** Spinach, Lettuce, Kale
- Broccoli
- Sweet Potato
- Garlic and Onions



Benefits: Strengthens dentin and enamel, prevents gum disease, maintains gums, chewing cleans teeth.

Fruits

- Apples and Pears
- Strawberries
- Kiwi
- Pineapple
- Berries



Benefits: Neutralizes harmful acids, encourages cell renewal, chewing cleans teeth.

Nuts

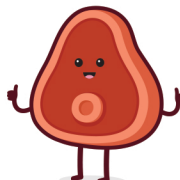
- Cashews
- Almonds
- Brazil nuts
- Peanuts



Benefits: Strengthens enamel, increases saliva flow, stimulates saliva flow, chewing cleans teeth.

Meats & Fish

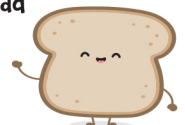
- Red meat
- Fatty fish
- Tofu
- Organ meats



Benefits: Remineralizes teeth, protects against gum disease, chewing cleans teeth.

Whole Grains

- Whole wheat bread
- Brown rice
- Oatmeal



Benefits: Minimizes oral bacteria, antioxidants protect against bacteria.

Water **Benefits:** Hydration, cavity prevention, improved saliva flow, washes away food debris.

To learn more about what nutrients are needed for dental health and where to find them, check out our blog post!

