We’re told from a young age how important it is to take care of our teeth. Brushing and flossing are a critical part of oral health, but your food and beverage choices also play a role. It’s important to ‘eat a balanced diet rich in calcium to ensure you’re getting enough of the nutrients you need to keep your teeth healthy!

Healthy Blueberry Parfait
Makes 1 Servings

INGREDIENTS
• ¾ cup Cabot 2% Plain Greek Yogurt
• ½ cup Wild Maine Blueberries or cultivated blueberries
• ¼ cup granola

DIRECTIONS
1. Layer half the yogurt, blueberries and granola in a glass. Repeat with another layer of the remaining yogurt, blueberries and granola.

Limit These! Most have lots of sugar that can stick to teeth and provide fuel for bacteria.

- Candy
- Coffee (with added sugar)
- Dried Fruit
- Cough Drops
- Sugary Drinks (cookies, cakes, breads)
Nutrients You Need & Where To Find Them:

- **Water**: Dilutes the effects of sugars and acids and stimulates saliva flow which washes away food particles.
  - Good sources: crunchy fruits & vegetables like apples, pears, celery, and carrots.

- **Calcium**: Helps re-mineralize teeth after tooth enamel is removed by acid, protect against gum disease and neutralize/lower acid in the mouth.
  - Good sources: cheese, nuts, milk, and yogurt.

- **Vitamin C**: Helps produce collagen to strengthen gums and reduce inflammation.
  - Good sources: oranges, strawberries, broccoli, and bell peppers.

- **Vitamin D**: Helps the body absorb and use the calcium found in food and drinks.
  - Good sources: salmon and fortified milk/yogurt.

- **Phosphorus**: Works closely with calcium to keep teeth healthy.
  - Good sources: meat, eggs, and fish.

- **Polyphenols**: Helps slow the growth of bacteria and plaque.
  - Good sources: unsweetened green and black tea.

Snacks For Healthy Teeth

- Veggies & Hummus
- Popcorn & Glass of Milk
- Cheese Cubes & Turkey Slices
- Yogurt + Fresh Fruit
- Hard Boiled Eggs + Almonds

Having healthy snacks prepared and easily accessible can play a huge role in helping you stay on track with your healthy eating goals.

Smart snacking can keep your mouth in good shape. When deciding which snacks to choose, be sure to include calcium-rich foods, such as milk, yogurt and cheese to help promote strong teeth and bones.

Apple & Cheddar Pitza
Makes 2 Servings

**INGREDIENTS**
- 1 (7-inch) round whole-wheat pita
- ½ Golden Delicious apple
- 1 tablespoon honey mustard
- 2 ounces Cabot Garlic & Herb Cheddar, grated (about ½ cup)

**DIRECTIONS**
1. Preheat broiler.
2. Cut apple into quarters and remove core from each quarter. Cut apples into very thin slices. Place in bowl and toss with honey mustard. 3. Place pita on baking sheet; arrange apple slices on top. Place under broiler for about 3 minutes or until apples begin to soften. 4. Sprinkle with cheese and return to broiler for a few more minutes until cheese is browned in spots. Cut into wedges to serve.

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