

# Nutritional Chart

Nutrient	Oral implications	What food to eat
<b>Calcium</b>	Strengthen enamel and bone.	Salmon, tofu, spinach, bok choy, collard greens, okra, edamame
<b>Vitamin K</b>	Supports bone strength and prevents breakdown, a deficiency of K can slow healing and promote bleeding.	Kale, collards, spinach, broccoli, brussell sprouts
<b>Phosphorus</b>	Supports developing bone and teeth.	Halibut, salmon, lentils, almonds, oats
<b>Zinc</b>	Protects against gingivitis, periodontal disease and caries.	Oysters, crab, cereal, beans, cashews
<b>Folate</b>	Low levels are associated with periodontal disease.	Dark leafy greens, lentils, pinto beans, asparagus, broccoli, avocado
<b>Iron</b>	A deficiency can cause inflammation of the tongue and sores in the mouth.	Red meat, seafood, beans, dark leafy greens, fortified cereal
<b>Vitamin A</b>	Prevents dry mouth and promotes healing.	Sweet potato, carrots, dark leafy greens, red pepper
<b>Vitamin C</b>	Collagen maturation and to maintain the integrity of the periodontal ligament; strengthens gums and soft tissue, protects against gingivitis. Supplementation promotes healing after oral surgery.	Red pepper, kiwi, strawberries, kale, brussel sprouts
<b>Omega-3 fats</b>	Mucosal/connective tissues and immune function; modulates the inflammatory response.	Flaxseed oil, wild salmon, walnuts, chia seeds
<b>Vitamin D</b>	Mucosal/connective tissues, bone mineral density; may enhance enamel remineralization.	Fatty fish, cod liver oil, fortified foods
<b>B vitamins</b>	Protects against sore and bleeding gums, cracked lips and inflamed tongue and cheeks.	Mushrooms, spinach, almonds, whole grains, beans, fortified bread and cereal

## References:

[https://www.deltadentalins.com/oral\\_health/vitamins-and-minerals.html](https://www.deltadentalins.com/oral_health/vitamins-and-minerals.html)

<http://www.precisionnutrition.com/nutrition-teeth-dental-health>

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