

## Nutrition and Your Oral Health

Nutrition plays an important role in overall wellness, including oral health. Eating well and maintaining a healthy diet can help reduce the risk of developing problems in your mouth, including periodontal disease. In fact, including certain foods as part of a nutritious diet has actually been shown to play a role in the prevention of periodontal disease.



### Lactic Acid & Calcium

A recent study determined that individuals who regularly consume 55 or more grams of foods containing lactic acid, commonly found in dairy products such as yogurt, have a lower instance of gum disease. Dairy products are also a good source of calcium which has been shown to lower the risk of severe periodontal disease. The American Dietetic Association advises that adults should consume at least three servings of calcium each day to help keep your jaw bone strong and your teeth in place. [Learn more...](#)



### Vitamin C

According to a study, consuming less than 60 mg of vitamin C each day can put you at slightly higher risk for developing certain types of periodontal disease. According to the Institute of Medicine, the recommended dietary allowance for vitamin C is 60 mg per day – or about 1 orange. [Learn more...](#)



### Vitamin D

Sometimes known as the "sunshine vitamin", vitamin D can help lessen inflammation associated with periodontal disease. Research shows that foods fortified with vitamin D such as milk, eggs, sardines, and tuna fish, as well as moderate exposure to sunlight, can provide you with the amount of vitamin D required to stay healthy. [Learn more...](#)



### Healthy Diet

Obesity can be the result of an unbalanced diet, which may lack the nutrients known to help prevent gum disease. Also, excessive consumption of sugary drinks such as soft drinks and foods high in sugars, trans-fats, and sodium are often associated with increased tooth decay and can have a negative impact on periodontal health.

