



# Good Nutrition for Teeth



- Young children need calcium to build strong bones and teeth.
- Dairy products like milk, cheese, and yogurt have the greatest amount of calcium per serving.
- Lowfat and fat-free milk and dairy foods provide as much calcium as whole milk and less fat and fewer calories.

## Non-Dairy Sources of Calcium

- Broccoli
- Dark leafy greens
- Dried beans
- Fortified cereals
- Fortified soy or rice beverages
- Salmon and sardines with small bones

## Foods That Help Keep Teeth Healthy

- Cheese
- Hard cooked eggs
- Meat, fish
- Nuts, peanut butter (without sugar)
- Plain yogurt
- Pretzels, crackers
- Raw vegetables
- Toast

