



Food Guide



5

Major Dietary Oral Health Risk Factors



1. Mineral deficiencies in the diet (calcium, magnesium, phosphorus)
2. Fat-soluble vitamin deficiencies in the diet (vitamins A, D, E, K)
3. Consumption of foods rich in phytic acid (grains, nuts, seeds, beans)
4. Consumption of carbohydrate-rich foods (processed sugar and starch)
5. High frequency and long duration of snacking

10

Food Standards for a Healthy Mouth



1. Must promote an alkaline environment
2. Must support a healthy gut microbiome
3. Must support a healthy oral microbiome
4. Must be an excellent source of minerals
5. Must be an excellent source of fat soluble vitamins
6. Must be low in phytic acid
7. Must be low in carbohydrates (avoid processed sugar and starch)
8. Must support a healthy psychological response
9. Must support a healthy hormonal system
10. Must support a healthy immune system

14

Top Anti-Inflammatory Foods for a Healthy Mouth



Ginger	Green Leafy Vegetables
Turmeric	Celery
Chia Seeds	Beets
Bok Choy	Broccoli
Walnuts	Blueberries
Coconut Oil	Pineapple
Flax	Salmon

Bad for Teeth

Vegetables: Potatoes, Pickles
Fruit: Dried Fruit, Bananas
Dairy: Cream Cheese, Sour Cream
Protein: Bacon, Sausage
Seeds/Nuts: Peanuts
Beverages: Soda, Fruit Juices

Better for Teeth

Vegetables: Broccoli, Celery
Fruit: Strawberries, Pineapples
Dairy: Greek Yogurt, Eggs
Protein: Trout, Tuna
Seeds/Nuts: Walnuts, Pistachios
Beverages: Whole-Fat Milk, Kefir

Best for Teeth

Vegetables: Avocado, Spinach
Fruit: Apples, Blueberries
Dairy: Cheese, Ghee
Protein: Salmon, Chicken
Seeds/Nuts: Almonds, Flaxseed
Beverages: Water, Green Tea