

# Healthy Mouth Diet Sheet!



**5 Keys To Your Health!**



**TOTAL CARE**  
DENTAL & WELLNESS

# 5 KEYS TO THE HEALTHY MOUTH, HEALTHY YOU DIET

Are you looking for natural mouth-care options for your family? Want to be free from cavities, gum disease, and mouth problems for life? The good news is that it IS possible to have a cavity-free, healthy white smile, and it's easier than you might think. In fact, it all starts with your FOOD.

Even better, the things you will do to have a healthy mouth will also lead to a healthy YOU. It's been scientifically proven that a big part of overall health is tied to your mouth health.

**Here are the 5 simple keys to THE HEALTHY MOUTH, HEALTHY YOU DIET.**



**More Water Soluble Vitamins** - These don't store in the body, so they have to be part of your diet every day.

Vit C - found in fruits and vegetables

B Vits - found naturally in meat, leafy greens, dairy, beans, peas, and whole grains.

Calcium - found in green vegetables and beans, fermented dairy products



**More Fat-Soluble Vitamins** - These can only come in foods that contain fats

Vit A- egg yolks, fish, goat milk, meats, butter, green vegetables, orange fruits.

Vit D3 -the sun, oily fish, cod liver oil, butter, eggs, and liver.

Vit E -Fruits and vegetables, grains, nuts, seeds (sunflower), olive, and almond oil.

Vit K2-Butter oil, raw butter or ghee, raw cream, fish, eggs



**Control Acid in Mouth/Stomach** - Many foods today are very acidic. They will cause your teeth to "dissolve" and be prone to cavities. Some drinks to avoid: Lemon Juice, Soda, Powdered Fruit Drinks, Sports Drinks, Energy Drinks

- In our busy lives, stress leads to poor stomach function. This can lead to you having too little stomach acid to digest your food properly. A simple baking soda test completed at home can tell you if this is a problem for you.



**Handle Grains, Nuts, and Seeds** - All grains, nuts, and seeds have something called Phytic Acid on the outside of them. This allows them to be stored for years without sprouting.

If you eat the grain, nut, or seed without first removing this phytic acid, you will not get all the nutrients out of that food. You must soak, sprout or ferment your grains, nuts, and seeds before eating them to get the full nutritional value.



**Consume better Minerals/ Water** - Water isn't always pure, and the things that contaminate the water also affect our bodies. You need to filter your water for chlorine and fluoride, but allow the minerals to stay. Minerals are the building blocks of teeth, and if you remove them from your water, your body will take them from your teeth. Get extra minerals from home or farm grown organic produce.

**For more information visit:**  
**[totalcaredental.com](http://totalcaredental.com) - 801-756-3737**