

# Dental Diets



## News and Highlights

---

- 1- Tooth Decay Prevention
- 2- Plant-based Calcium sources
- 3- Supplements



## Diet and Dental Health

































































































































































































































































































































































































Dental care can be applied in many different ways. Most of us are familiar with the common ways, which include brushing teeth at least twice a day with fluoride toothpaste, flossing daily, and seeing the dentist regularly.

The information covered here mentions other actions people can take to boost dental care. The best nutritional practices in relation to oral care were analyzed because they are currently being implemented among the populace. A plant-based diet is one of the most popular food trends today. However, the vegan diet has some nutritional deficiencies. The focus of this newsletter is plant-based calcium sources. Other topics covered are supplements and foods that affect dental health and prevent tooth decay. Yes, oral care is not only susceptible to sugar and by covering these other areas you should be able to maintain a long everlasting smile!

## Dietary Habits that cause and prevent Tooth Decay

Sugar can be found in many foods, and consuming it can lead to harmful bacterial growth that produces acid in the mouth. These acids remove calcium and phosphate from the enamel and cause tooth decay. Saliva naturally contains a minimal amount of calcium and phosphate; therefore it is important to ingest the recommended amounts of calcium and phosphorus through the diet, and staying hydrated will help the saliva repair early signs of tooth decay.

## Plant-Based Calcium Sources (per 1 cup)

Tofu	                               	410 mg
Collard Greens	                               	360 mg
Beans, Baked, Canned	                               	320 mg
Almond Milk	                               	300 mg
Turnip Greens, Cooked	                               	249 mg
Spinach, Cooked	                               	240 mg
Broccoli Rabe, Cooked	                               	200 mg
Kale	                               	180 mg
Okra, Cooked	                               	176 mg
Soy Beans	                               	175 mg
Bok Choy	                               	158 mg
Tempeh	                               	154 mg

Calcium RDA: 4-8 years: 1,000 mg; 9-18: 1,300 mg; 19-50: 1,000mg

## Probiotics

STUDIES HAVE SHOWN  
THAT PROBIOTIC  
SUPPLEMENTATION  
REDUCES BACTERIA IN  
THE ORAL CAVITY

## 4 Ingredient Sugar-Free Mocha Mousse

Course: Dessert    Prep Time: 10 minutes    Total Time: 10 minutes

Servings: 8 @ 1/2 cup    Calories: 275 kcal

Author: Brenda Bennett | Sugar-Free Mom

## Ingredients

- 6 ounces of sugar free chocolate
- ½ cup of coffee, cooled
- 2 cups of heavy whipping cream
- ½ tsp liquid chocolate stevia

## Instructions

1. Whip your heavy cream in a stand mixer. Set aside.
2. Melt your chocolate in 30 second intervals in a microwaveable bowl or over low heat in a saucepan on the stove.
3. Add the coffee to the chocolate and mix well.
4. Pour your coffee chocolate mixture into the whipped cream and stir until combined well.
5. Taste and decide if it's sweet enough, add sweetener if needed.
6. Pipe into serving dishes, top with chocolate chips if desired.
7. Refrigerate for about 30 minutes to thicken mousse.



## RDA : Calcium and Phosphorus

Calcium: 100mg/day for adults, and 1,200mg/d for women over 50, and men over 70  
Phosphorus: 700mg/day

## Calcium and Phosphorus in Relation to Oral Health.



- The best sources of plant-based calcium are fortified products (tofu, soy milk, orange juice, etc.).

- Calcium can also be obtained from cooked greens. Cooking green decreases their oxalate content, and increases the Calcium.

-The best sources of plant based phosphorus are whole grains and beans.

-Maintaining normal phosphate and calcium levels are essential for the development, maintenance and repair of bones and teeth.

**CALL TO ACTION**

Use nutrition to improve your dental health! Make sure to eat plenty of calcium and phosphorus from plants, grains, or dairy to support strong teeth. Also, don't forget to include probiotics in your diet for better protection against cavities.

***"Preserving good oral health starts early in life by developing healthy lifestyles, practicing appropriate self-care, and regularly using oral health services."***

Now that you know some additional ways to maintain your oral health, what could you add to your diet to support a healthy smile? Consider the benefits of doing so—such as more savings, better health, and a higher self-esteem!

## References

- Academy of General Dentistry. Cheese may prevent cavities. ScienceDaily. Published 2013 June 5. [www.sciencedaily.com/releases/2013/06/130605130118.htm](http://www.sciencedaily.com/releases/2013/06/130605130118.htm). Accessed November 15, 2019.
- Calcium in diet: MedlinePlus Medical Encyclopedia. MedlinePlus. <https://medlineplus.gov/ency/article/002412.htm>. Published November 6, 2019. Accessed November 15, 2019.
- How Sugar Causes Cavities and Destroys Your Teeth. Healthline. <https://www.healthline.com/nutrition/how-sugar-destroys-teeth#section1>. Published 2019. Accessed November 15, 2019.
- 4 Ingredient Sugar - Free Mocha Mousse. Sugar Free Mom. <https://www.sugarfreemom.com/recipes/4-ingredient-sugar-free-mocha-mousse/>. Published October 2017. Accessed November 15, 2019.
- Petersen PE, Kandelman D, Arpin S, and Ogawa H. Global oral health for older people - Call for public health action. Community Dental Health: 2010;27:257-268. Accessed November 15, 2019. doi:10.1922/CDH\_2711Petersen11
- Cannon ML, Vorachek A, Le C, White K. Retrospective of Oral Probiotic Therapy. J Clin Pediatr Dent. Published 2019. [https://jocpd.org/doi/10.17796/1053-4625-43.6.1?url\\_ver=Z39.88-2003&rfr\\_id=ori:rid:crossref.org&rfr\\_dat=cr\\_pub%3dpubmed](https://jocpd.org/doi/10.17796/1053-4625-43.6.1?url_ver=Z39.88-2003&rfr_id=ori:rid:crossref.org&rfr_dat=cr_pub%3dpubmed). Accessed November 9, 2019.