

# THE CHATTER

Oral Health Advice from Delta Dental of Arkansas

## Eat Your Vegetables!



Your diet has a big impact on the health of your teeth and eyes? As the new year begins, include these important nutrients in your resolutions.

## Nutrients Your Teeth Need



### CALCIUM

Calcium is a big contributor to a healthy smile. It promotes strong teeth and bones, reducing the risk for tooth loss. Find it in milk, cheese, calcium-fortified juices, and other dairy products.



### VITAMIN C

Vitamin C, helps protect gums and other tissues from cell damage and bacterial infection. Get your daily dose from oranges and orange juice, peppers, strawberries, broccoli, brussels sprouts, and potatoes.



### FOLIC ACID

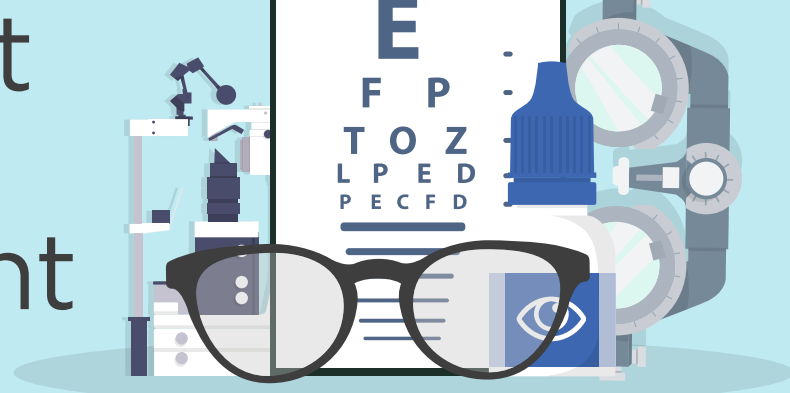
Folic acid promotes a healthy mouth and supports cell growth throughout the entire body. It's found in leafy green vegetables, such as cabbage, kale, spring greens and spinach, broccoli, peas, and chickpeas and kidney beans.



## Orange You Glad You Brushed?

While citrus fruits and juices are a good source of vitamin C, citrus contains acid that can damage tooth enamel. Make sure to brush quickly after eating or drinking citrus to keep teeth strong and healthy!

## What to Eat to Support Your Eyesight



### Lutein & Zeaxanthin

Lutein and Zeaxanthin help reduce the risk of chronic eye diseases, including age-related macular degeneration and cataracts. Eat your fill of leafy green vegetables, egg yolks, durum wheat and corn to get these important nutrients.



### Vitamin E

Research indicates this powerful antioxidant protects cells in the eyes from unstable molecules called free radicals, which break down healthy tissue. Find it in tasty snacks, like sunflower seeds, almonds, peanuts and peanut butter, as well as spinach, pumpkin and red bell pepper.



### Zinc

Zinc is highly concentrated in the eye and plays a vital role in producing melanin, a protective pigment in the eyes. While the majority of zinc in the American diet comes from shellfish, red meat and poultry, you can also find it in nuts, seeds and dairy products.

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## Happy New Year

from all of us at  
Delta Dental of Arkansas

