

# Key Vitamins and Nutrients for Optimal Oral Health

## VITAMIN D

Critical for building strong teeth and jaws! Too little Vitamin D can result in under-mineralized teeth and jaws, leaving your oral cavity more susceptible to cavities and gum disease.

**Food Sources:** egg yolks, cheddar cheese, salmon, trout, mushrooms

## VITAMIN K

Makes proteins that help with blood clotting and bone building. Too little Vitamin K can result in excessive bleeding and candidiasis (thrush). Deficient Vit K may increase your tartar build-up and can lead to undermineralized teeth.

**Food sources:** green leafy vegetables, broccoli, soybeans, pumpkin, pine nuts, blueberries

## VITAMIN A

Essential for vision, growth and development, and immune function. Too little Vitamin A can result in disrupted taste perception, dry mouth, under-mineralized teeth, and increased risk of cavities.

**Food sources:** sweet potatoes, spinach, pumpkins, carrots, dairy, cantaloupe, mango, red pepper

## VITAMIN B2 (RIBOFLAVIN)

Helps convert our foods carbohydrates to fuel and energy, mediates immune responses, supports nerve function Too little Vitamin B2 can result in cracked corners in the lips (angular cheilitis), shiny/red lips, and a sore, inflamed tongue that changes color and shape.

**Foods sources:** chicken, beef, mushrooms, dairy, eggs, quinoa

## VITAMIN B3 (NIACIN)

Helps turn your food into fuel for your body, repairs and creates DNA. Deficiencies in B3 can result in cracked corners in the lips (angular cheilitis), inflammation of gum/oral tissues (stomatitis, mucositis), oral pain, swollen tongues, and severe gingivitis.

**Food sources:** chicken, turkey, salmon, tuna, beef, legumes, brown rice, potatoes

## FOLATE

Vital for spine and brain development during pregnant, supports cell growth and function. Too little folic acid can result in cracked corners of the lips (angular cheilitis), inflammation of gum/oral tissues (stomatitis, mucositis), sore/burning mouth, gingivitis, enlarged tongue.

**Food sources:** spinach, asparagus, brussels sprouts, avocados, legumes, beets, citrus, beef liver, nuts and seeds, bananas

## B6 (PYROXIDINE)

Aides in immune support, brain development, and nervous system function. Too little B6 can result in cracked corners of the lips (angular cheilitis), inflammation of gum/oral tissues (stomatitis, mucositis), inflamed tongue (glossitis), burning mouth.

**Food sources:** beef liver, chickpeas, chicken, turkey, bananas, potatoes

## VITAMIN C

Important for collagen synthesis and for healthy gums. Vitamin C deficiency can increase your risk of developing periodontal disease and gum disease.

**Food sources:** citrus (oranges, kiwi, lemon, grapefruit), bell peppers, strawberries, tomatoes, cruciferous vegetables (broccoli, brussel sprouts, cabbage, cauliflower)

## B12 (CYANOCOBALAMIN)

Supports healthy blood cells and nerve cells to promote optimal function. Too little B12 can result in cracked corners of lips, gingivitis, bad breath, delayed wound healing, and dry mouth.

**Food sources:** beef, clams, sardines, tuna, nutritional yeast, dairy, animal organs

## CALCIUM

Vital for normal heart rhythm, muscle contractions, blood clotting and nerve support. Too little calcium can result in under-mineralized teeth and increased cavity occurrence!

**Food sources:** Dairy, salmon, tofu, legumes, kale

## PHOSPHORUS

Keeps our bodies strong, helps them repair themselves, and helps build our DNA. It also helps mediate the function of other vitamins and minerals (Vitamin D, iodine, magnesium, zinc). Too little phosphorus can result in under-mineralized teeth, increased risk of cavities, and increased risk of gum disease.

**Food sources:** dairy, red meat, poultry, seafood, legumes

## MAGNESIUM

Helps maintain muscle and nerve function, regulates our energy levels, and supports the immune system. Essential for sleep, magnesium activates our parasympathetic nervous system (rest and digest) to help us fall asleep faster and promotes higher quality rest.

**Food sources:** dark leafy green, nuts/seeds, legumes, whole grains

# Healthy Recipes for the Healthy Mouth



## TURKEY BLTA ROLL-UPS

ourpaleolife.com

### Ingredients:

- 4 slices turkey cold cuts
- 1 plum tomato, seeded, cut into strips
- 2 slices bacon, cooked and cut in half lengthwise and then cut in half width wise to make 8 pieces
- 1 avocado, sliced
- baby spinach leaves
- paleo ranch dressing

### Instructions:

1. Lay out a turkey slice on a plate
2. Layer 3-6 spinach leaves in the center of the cold cut, width-wise across the short side.
3. Layer a few strips of tomato, 1-2 strips of bacon, and 1 slice of avocado on top of that
4. Starting at the left side, flip one end of the turkey slice to the right, over the layers you just added. Then roll that folded side over to the non-folded side on the right to create the roll.



## SHEET PAN CHICKEN FAJITAS

nomnompaleo.com

### Ingredients:

- 1/4 cup avocado oil or olive oil
- 3 tablespoons fresh lime juice
- 3 garlic cloves minced
- 1 1/2 teaspoons salt
- 1 teaspoon chili powder
- 1/2 teaspoon ground cumin
- 1 1/2 pounds boneless skinless chicken thighs, cut into 1" strips
- 1 med. red bell pepper sliced into 1/4" strips
- 1 med. yellow bell pepper 1/4" strips
- 1 small white onion sliced into 1/4" pieces
- 2 limes cut into wedges
- Lettuce leaves optional
- Grain-free tortillas optional
- Avocado crema

### Avocado Crema:

- 1 large Hass avocado
- 1/4 cup full-fat coconut milk
- 1/4 cup chives roughly chopped
- 2 tablespoons cilantro chopped
- 2 tablespoons lime juice
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

### Instructions:

1. Heat your oven to 450°F with the rack in the middle. Place a stainless steel wire rack in a rimmed baking sheet and set aside.
2. In a large bowl, whisk together the avocado oil, lime juice, minced garlic, salt, chili powder, and cumin.
3. Add the chicken thigh strips to the marinade. Toss in the sliced peppers and onions, too. Combine well.
4. Plop the chicken and veggies onto the rimmed baking sheet and spread everything in a single layer.
5. Place the tray in the oven and cook for 10 minutes. Then, toss the chicken and veggies, and rotate the tray.
6. Switch to broil and cook for an additional 5 to 10 minutes or until chicken is cooked through and the peppers and onions are browned in places.
7. While the chicken is cooking, make the Avocado Crema. Cut the avocado in half lengthwise and remove the seed. Scoop the flesh into a food processor or blender. Add the coconut milk, chives, cilantro, lime juice, salt, and pepper.
8. Blitz until smooth. Add some water to thin out the sauce if desired. Taste and adjust the seasoning as needed with salt, pepper, or more lime juice. You can refrigerate the crema in a sealed container for up to 2 days.
9. Once the chicken and veggies are finished cooking, pull the tray out of the oven. Serve the fajitas with lime wedges, lettuce wraps or grain-free tortillas, and avocado crema.



## SMOKY TUNA PICKLE BOATS

ibreatheimhungry.com

### Ingredients:

- 12 oz canned albacore tuna
- 6 oz can smoked tuna
- 1/3 cup sugar free mayonnaise
- 1/2 tsp onion powder
- 1/4 tsp garlic powder
- 1/4 tsp ground black pepper
- 6 large whole dill pickles

### Instructions:

1. Combine all of the ingredients except the pickles in a medium bowl and mix well
2. Cut the pickles in half and gently scoop out the seeds from the middle
3. Spoon about 3 Tbsp of the tuna salad into each pickle half
4. Chill and serve

## PALEO TRAIL MIX

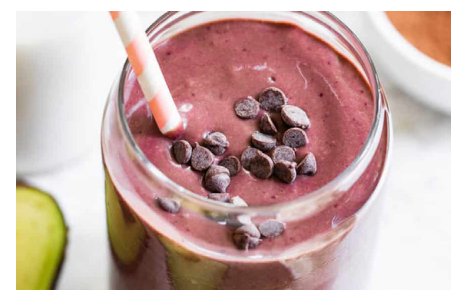
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### Ingredients:

- 16 ounces roasted unsalted sunflower seeds
- 16 ounces raw unsalted pumpkin seeds
- 8 ounces unsalted almond slivers
- 6 ounces dried pineapple cut up
- 5 ounces dried coconut flakes

### Instructions:

1. Mix all ingredients together



## EVERYDAY PALEO SMOOTHIE

paleorunningmomma.com

### Ingredients:

- 1/3 cup frozen avocado
- 1/3 cup frozen banana
- 1/4 cup frozen cherries
- 1/2 cup unsweetened yogurt
- 3/4 cup unsweetened almond milk
- 1 tablespoon almond butter (opt.)
- 2 scoops chocolate collagen protein or plant based chocolate protein powder

### Instructions:

1. Place all ingredients in a blender and blend well until smooth/creamy