

Tooth-Friendly Spring Recipes

A Healthy Smile Starts With What You Eat

Strawberry Spinach Salad

Why it's good for your teeth:

Rich in calcium and vitamin C to support strong teeth and healthy gums.

Ingredients:

- Spinach
 - Strawberries (in moderation)
 - Feta cheese
 - Walnuts
 - Light vinaigrette
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Lemon Garlic Chicken & Asparagus

Why it's good for your teeth:

Protein supports tissue health, and fiber-rich veggies help stimulate saliva.

Ingredients:

- Chicken breast
 - Lemon & garlic
 - Olive oil
 - Asparagus
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Greek Yogurt Parfait (Low Sugar)

Why it's good for your teeth:

High in calcium and probiotics for enamel strength.

Ingredients:

- Plain Greek yogurt
 - Fresh berries (small portion)
 - Nuts or unsweetened granola
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Avocado Toast with Veggies

Why it's good for your teeth:

Crunchy vegetables help naturally clean teeth and boost saliva.

Ingredients:

- Whole grain bread
- Avocado
- Cucumber or radish
- Lemon juice

🧀 Cheese & Veggie Snack

Why it's good for your teeth:

Cheese helps neutralize acids and protect enamel.

Try:

- Cheese cubes
 - Carrots
 - Celery
 - Cherry tomatoes
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🦷 Tooth-Friendly Tips

- ✓ Drink water throughout the day
 - ✓ Limit sugary snacks and drinks
 - ✓ Choose whole, fresh foods
 - ✓ Eat sweets with meals, not alone
 - ✓ Rinse with water after eating
 - ✓ Brush twice daily & floss daily
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🌸 Spring Reminder

Small changes in your diet can help:

- Prevent cavities
- Strengthen enamel
- Support healthy gums

Healthy food = Healthy smile! 🦷 ✨



Ask our team if you have questions about tooth-friendly foods or your oral health routine.

OUR PHONE NUMBER: