

Vitamins And Minerals That Are Must For Strong Teeth

Dental Tip



Melbourne, Oct 10, 2018 (Issuewire.com) - Cleaning your teeth every day is essential for healthy teeth. However, did you know that the type of food you eat can also help or hinder your oral health? Eating foods that are rich in beneficial [vitamins to your teeth](#) is key to having a healthy smile.

Numerous studies have it that eating high acid foods such as juices and fruits throughout the day can harm your enamel if no efforts are made to counteract the effects. Your tooth enamel is always the first line of defence against cavities and tooth decay. If the enamel is damaged or eroded, you are at high risk for tooth cavities or sensitivity.

Calcium

Calcium is among the minerals well known for keeping teeth strong and healthy. Your teeth and the supporting jaws are largely comprised of calcium. It's also required for their normal development. When you fail to consume enough calcium, your body automatically takes the calcium it requires from the bone and teeth which can compromise their integrity and strength. To avoid such as occurrence and help keep your teeth healthy, take more calcium-rich foods. They include leafy vegetables, oysters, almonds and broccoli.

Vitamin D

Vitamin D is also beneficial for your teeth. This is because it allows you to absorb calcium. Without vitamin D, your entire body could suffer from calcium deficiency thus leading to under-developed teeth and gums. Lack of calcium can also lead to [tooth decay](#). Some of the Vitamin D rich foods include fish, eggs, milk and cod liver oil.

Another essential vitamin in your body is vitamin A. As much as it's mostly associated with good eyesight; Vitamin A helps in keeping your saliva supply flowing. It helps you maintain healthy mucous membrane that coats the cheeks and gums, making them less vulnerable to gum disease. Apart from carrots, Vitamin A is abundant in vegetables such as sweet potatoes and peppers.

Phosphorous

Phosphorus is another mineral that is very important for your oral hygiene. Studies have it that for calcium to function in the right way, it needs to be paired with phosphorous. It supports calcium in developing strong teeth and supporting bones. Phosphorous is found in a myriad of food products which include seafood such as tuna, salmon, scallops and cod. Some plant-based foods are rich in phosphorous include lentils, soybeans and pumpkin seeds.

Don't forget that while eating the right food with the right minerals, it is still paramount that you maintain good oral health and [visit your dentist regularly](#). Visit us at Springvale Dental Clinic for your regular dental check-ups. Also, if you have any question about your oral health, our dentists will be happy to answer you.



Media Contact

Springvale Dental Clinic

vijayramasundaramau@gmail.com

(03) 9546-0011

Shop 19, 792 Heatherton Road, Springvale South

Source : Springvale Dental Clinic

See on IssueWire : <https://www.issuewire.com/vitamins-and-minerals-that-are-must-for-strong-teeth-1613940739955413>