

# Winter is a Wonderland for fresh fruits and vegetables that can *help your teeth!*

## Vitamin C

Can prevent gum disease and  
may shorten duration of colds

## Vitamin A

Can help prevent infections

## Fiber

Foods high in fiber may help  
clean your teeth

## Riboflavin

Keeps the mouth healthy and  
may reduce risk of oral cancer

## Iron

Can help prevent infections and  
may reduce risk of oral cancer



## Calcium

Helps build strong teeth  
and bones

In the winter, it is important to eat at least 5 servings of brightly colored fruits and vegetables for a healthy mouth and body. Check out the chart below for examples of produce available during the winter!

*Follow your doctor's directions about nutrition especially if you have chronic health problems like kidney disease or diabetes.*

Produce	Vitamin A	Vitamin C	Calcium*	Iron	Fiber	Riboflavin
Broccoli	★	★	★	★	★	★
Cauliflower	★	★	★	★	★	★
Spinach	★	★	★	★	★	★
Dark Leafy Greens	★	★	★	★		★
Sweet Potatoes	★	★	★		★	★
Winter Squash	★	★	★		★	
Grapefruit	★	★	★		★	
Pears		★			★	

\*Low or Non-fat dairy products with Vitamin D are the best sources for Calcium

These fruits and vegetables have vitamins and minerals  
that will keep you smiling all winter long!