

Wellness Nutrition Fun FaCts

FEBRUARY 2016

“What to eat to keep your teeth”



Calcium-fortified juices, milk and other dairy products are rich in **calcium and vitamin D** and help promote healthy teeth and bones, reducing the risk for tooth loss. Adding powdered milk to cooked dishes helps those who don't like milk or cheese to get some of the calcium needed to protect teeth and jawbones.

Cheese unleashes a burst of calcium that mixes with plaque and sticks to the teeth, protecting them from the acid that causes decay and helping to rebuild tooth enamel on the spot.

Crisp fruits and raw vegetables, like **apples, carrots and celery**, help clean plaque from teeth and freshen breath.

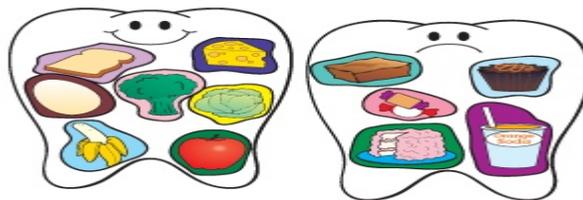
Antioxidant vitamins, such as **vitamin C**, and other nutrients from **fruits and vegetables** help protect gums and other tissues from cell damage and bacterial infection.

Recent studies indicate that **fresh cranberries** interrupt the bonding of oral bacteria before they can form damaging plaque.

Folic acid promotes a healthy mouth and supports cell growth throughout the entire body. This member of the B vitamin family is found in **green leafy vegetables and brewer's yeast**.

You may already know that cavity-causing organisms feed on the sugar in foods such as soda, chocolate milk and candies and convert it to acid, which attacks tooth enamel and causes tooth decay.

But did you know that acidic foods and drinks can wear away your enamel, leaving your teeth sensitive, cracked and discolored?



Information courtesy of the [Academy of General Dentistry](#)

breastfeeding blurb

Preventing Sore Nipples



Working on **proper latch** from the beginning will help prevent sore nipples, so make sure baby is always latching on with a wide, open mouth and getting the nipple and areola behind the nipple in the mouth.

After each feeding, smear any leftover drops of breastmilk around your nipple and areola and let air dry. Breastmilk has lots of naturally healing properties that help prevent redness and dry/cracking skin.

Try to **feed baby frequently** to prevent breasts from getting full or firm, but if they are already firm, manually express some milk before feeding to help soften the breast to make it easier for baby to get the nipple and areola far back into the mouth.

Keep your breasts dry with breast pads and change them frequently. It's common to leak breastmilk and having your nipples in a moist environment can lead to dryness and soreness. You can use disposable breast pads or they make reusable ones too.

If prevention methods don't work and you see any bleeding or cracks, call a lactation consultant or healthcare professional.

Healthy Recipe: Breakfast Sausage Wrap

Ingredients:

- 1 whole-grain wrap (100 calories or less)
- 2 large egg whites or 1 whole egg, scrambled
- 1/4 medium onion, chopped
- 1/4 medium red bell pepper, chopped
- 1 cup spinach leaves
- 1/2 medium tomato, diced
- 1/2 cooked turkey breakfast sausage, chopped
- Hot sauce (optional)

Directions:

Heat a small skillet coated with oil spray, and sauté onions and peppers over medium heat. Add the egg whites and scramble until cooked. You can choose to leave the spinach leaves raw or add to the skillet and sauté with the other vegetables. Fill the whole grain wrap with the eggs, onions, peppers, spinach leaves, tomatoes, and sausage. Add a few dashes of hot sauce, if desired.



CORNER