



Dental Health

NUTRITION GUIDE



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WELCOME

MEET YOUR NUTRITIONIST

HELLO, I'M SO GLAD YOU ARE HERE! MY NAME IS BECKY. I'M A DENTAL HYGIENIST AND HAVE BEEN AT SWAN DENTISTRY FOR 10 YEARS. IMPROVING THE DENTAL AND OVERALL HEALTH OF MY PATIENTS HAS BEEN MY PASSION THROUGHOUT MY CAREER.

I HAVE A CERTIFICATION AS FUNCTIONAL NUTRITIONAL THERAPY PRACTITIONER AND BOARD CERTIFIED AS A BCHN CANDIDATE® AS A FUNCTIONAL NUTRITIONIST, I USE THE POWER OF REAL FOOD TO HELP MY CLIENTS FEEL THEIR BEST!

I HAVE ORGANIZED THIS GUIDE TO HELP YOU ACHIEVE OPTIMAL DENTAL HEALTH. THE FOODS THAT WE CONSUME INFLUENCE BOTH THE HEALTH OF OUR MOUTH AND BODY. THE GREAT NEWS IS THE FOODS THAT ARE HELPFUL FOR YOUR DENTAL HEALTH WILL ALSO BENEFIT YOUR OVERALL HEALTH. THESE DIET AND LIFESTYLE TIPS WILL HELP TO REDUCE INFLAMMATION, A MAJOR CONTRIBUTOR TO ORAL DISEASE AS WELL AS MANY CHRONIC ILLNESSES.



Xo Becky

Nutrition for Dental Health

TRY THESE STRATEGIES...

01

Always Eat Breakfast

Breakfast is truly the most important meal of the day, especially when it comes to stabilizing blood sugar and lowering systemic inflammation. A healthy balanced breakfast rich in fats & protein will help keep your blood sugar balanced throughout the day, reducing stress and inflammation.

02

Eat Lots of Nutrient-Dense Wholesome Foods

We're talking plenty of vegetables & quality animal products with every meal. These foods are rich in nutrition and provide the basic building blocks necessary for a healthy gums and teeth. Inflammation can be triggered from nutrient deficiencies. Prevent this by eating a well balanced, nutrient-dense diet!

03

Avoid Processed Foods

Processed foods (breads, pastas, crackers, chips, sweets, etc.) are full of nutrient-depleting ingredients like refined sugars & flours, preservatives, food colorings and other additives that create stress & inflammation in the body. Processed foods also shift the oral bacterial balance from good to bad contributing to cavities and gum disease.

04

Eat Plenty of Healthy Fats

Fats have gotten a bad rap for far too long. Fats are also necessary for nutrient absorption, cellular health, healthy bones, & teeth! So please don't be afraid to eat healthy fats in the forms of wild-caught fish, grass-fed meats, eggs, dairy as well as coconut oil, olive oil & avocados. Variety is key!

05

Avoid Vegetable Oils

Vegetable oils (aka seed oils like canola oil, sunflower oil, grapeseed oil & soy oil) are highly inflammatory on the body which can lead to added stress and inflammation. Too much inflammation in the body can lead to chronic conditions like gum disease. Cook with high-quality fats at home and be careful when eating out at restaurants.

06

Eat Lots of Cruciferous Vegetables

Cruciferous vegetables (broccoli, cauliflower, cabbage, kale, brussel sprouts etc.) are also are packed with vitamins and minerals which support a strong immune system and a healthy mouth. They also provide a great source of fiber which helps to stabilize blood sugar levels & keep you regular.

07

Eat lots of Antioxidants

Antioxidants like vitamin C, support a healthy immune system and collagen production which is important for healthy jaws, teeth and gums.

08

Eat Plenty of Fermented Foods

Fermented foods are rich in probiotics which support a healthy gut. Gut microflora balance influences the oral microbiome, so supporting the health & function of your gut is critical for oral health.

Dental Health Habits

BEYOND NUTRITION, THESE ASPECTS ARE ALSO VERY IMPORTANT TO SUPPORT DENTAL & OVERALL HEALTH

09

Prioritize Sleep & Avoid Excess Screen Time Before Bed

Sleep is critical for optimal health. Melatonin is a very protective hormone that helps to regulate our Circadian Rhythm. Blue light emitted from screens can disrupt Melatonin production and interfere with hormone balance resulting in issues like insomnia and a decreased stress response.

10

Make Sure You're Pooping Daily

Daily bowel movements are necessary for flushing toxins in our system & keeping the gut healthy. If you aren't pooping at least once per day, you are constipated and should consider finding ways to support your digestive health & more frequent bowel movements. Try incorporating more fiber into your diet and prioritizing hydration.

11

Eat Mindfully

Pay attention to your food. Notice the taste and focus on the sensation of eating. Chew your food slowly & completely. Count to five between bites. Do whatever is necessary to slow down and support the digestion process.

12

Decrease Exercise Intensity & Focus on Light, Frequent Movement

Excessive cardio puts a lot of stress on the body resulting in inflammation and hormone imbalances. Instead, prioritize frequent movement and lighter intensity workouts like weight lifting, stretching & walking.

13

Prioritize Stress Management

Stress is one of the biggest problem-makers. Stress compromises the immune system leading to inflammation contributing to gum disease. Stress also puts your teeth at risk by contributing to grinding and clenching. Find ways to manage your stress daily whether that be through meditation, exercise, journaling or simply taking out time just for yourself each day. Adaptogenic herbs can also help support a healthy stress response.

14

Avoid Endocrine-Disrupting Chemicals

Certain chemicals found in common beauty & household products can interfere with our natural hormone balance causing systemic inflammation, which can lead to bleeding gums. Opt for natural or homemade products that are free of parabens, phthalates, preservatives & other toxic chemicals.

15

Healthy Chewing

The jaw needs stimulation to develop properly & stay strong. For strong jaws, include raw vegetables, whole nuts & seeds, meat on the bone, and chewy dried or cured meats.

16

Healthy Breathing

Breathing through your mouth can cause your teeth to become crooked & your face to change in appearance. Mouth breathing also changes the bacterial balance in the mouth, increasing tartar formation and gum inflammation. Try to breathe through your mouth. Try the Buteyko breathing app.



BASIC SMOOTHIE

1 CUP

+

1 CUP

+

1 CUP

LEAFY GREENS

- spinach
- kale
- swiss chard
- napa cabbage

LIQUID

- almond milk
- coconut milk
- cashew milk
- coconut water

FRUIT

- frozen berries
- apples
- frozen 1/2 banana
- frozen cherries

BOOST IT

- chia seeds
- flax seeds
- anti inflammatory spices
- cacao
- nuts
- collagen
- nut butter
- MCT oil
- Flax oil



BASIC SALAD

2 CUP

+

6 OZ

+

1 CUP

LEAFY GREENS

- spinach
- baby kale
- swiss chard/argula
- romaine/bib lettuce

PROTEIN

- grilled chicken/steak
- shredded pork
- nitrate-free cold cuts
- Safe Catch tuna

EXTRAS

- mixed fruit
- broccoli sprouts
- grilled veggies
- cooked quinoa

BOOST IT

- nuts
- shredded cabbage
- tomatoes
- avocado
- shredded beets
- shredded carrots
- cucumbers
- jicama
- herbs

BALSAMIC/GREEK SALAD DRESSING

INGREDIENTS

- 1/2 cup balsamic vinegar
- 1 tablespoon honey
- 2 teaspoons Dijon mustard
- 3 cloves garlic minced
- 1 teaspoon of dried Italian seasoning
- 2/3 cup extra-virgin olive oil

METHOD

- Place all ingredients in blender except olive oil.
- With blender running, slowly pour in oil until fully emulsified.
- Can whisk ingredients together in a bowl and slowly incorporate oil.
- Store in fridge.

For Greek version swap balsamic vinegar for 1/4 cup of apple cider vinegar & 1/4 lemon juice

Yields 2 cups

Drizzle a small amount over salad. Serving size about 2 Tablespoons

AVOCADO RANCH SALAD DRESSING

INGREDIENTS

- 1 large ripe avocado
- 2/3 cup of mayo (avocado oil based like Primal Kitchen's Mayo)
- 2 tablespoon of olive oil
- 1/4 cup of chopped cilantro
- 1 clove garlic minced
- zest of a lime
- juice of 1/2 a lime
- 1 1/2 teaspoon apple cider vinegar
- 1/2 teaspoon sea salt
- 1/4 teaspoon pepper
- 2 tablespoon water

METHOD

- Zest lime, then slice in half & set aside.
- Scoop the flesh of avocado into blender.
- Add rest of ingredients & pulse until smooth.
- Chill dressing for at least 30 minutes before serving.

Drizzle a small amount over salad. Serving size about 2 Tablespoons

THAI SALAD DRESSING

INGREDIENTS

- 2 tablespoons almond or sun butter
- 1 tablespoon maple syrup
- 1 clove garlic minced
- 1 tablespoon chopped fresh cilantro
- 1 tablespoon freshly squeezed lime juice
- 2 teaspoons apple cider vinegar
- 1 teaspoon sesame oil
- 1/2 teaspoon ground ginger
- 1/2 teaspoon cayenne pepper
- 1/4 teaspoon fine sea salt
- 1/3 cup extra-virgin olive oil

METHOD

- Place all ingredients in blender except olive oil.
- With blender running, slowly pour in oil until fully emulsified.
- Can whisk ingredients together in a bowl and slowly incorporate oil.

Drizzle a small amount over salad. Serving size about 2 Tablespoons



BASIC POWER BOWL

2 CUP

+

6 OZ

+

1 CUP

BASE

- cooked riced cauliflower/broccoli
- cooked zoodles
- cooked butternut squash

PROTEIN

- grilled chicken/steak
- shredded pork
- grilled shrimp
- Safe Catch tuna

EXTRAS

- soaked cooked lentils
- grilled veggies
- soaked cooked quinoa

BOOST IT

- guac/avocado
- marinara sauce
- sprouted hummus
- pesto
- cooked beets
- sesame seeds
- salsa
- olives
- herbs

CHIMICHURRI SAUCE

INGREDIENTS

- 1 cup fresh parsley
- 1 cup of fresh cilantro
- 2 large clove garlic
- 1 tablespoon of dried oregano
- 2/3 cup avocado or olive oil
- 1 tablespoon water
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- juice of 1/2 lemon
- pinch of red pepper flakes

METHOD

- Place all ingredients in food processor until smooth.
- Adjust seasoning with salt, to taste and blend again if needed.
- refridgerate until ready to use.

Drizzle a small amount over dish. Serving size about 2 tablespoons

ROASTED TOMATO SAUCE

INGREDIENTS

- 3 pounds of ripe organic small tomatoes
- 3 tablespoons of olive oil
- 4-6 cloves of garlic- chopped
- 1/4 white small onion, diced
- 1 teaspoon of dried oregano or 1 tablespoon of fresh
- 1/2-1 teaspoon basil or 1-2 tablespoon of fresh basil chopped
- 1 1/2 teaspoon of sea salt
- pepper to taste
- 1/2 teaspoon of organic sugar (optional)

METHOD

- Preheat oven to 400 degrees F
- Drizzle sheet pan with olive oil
- Sprinkle pan with garlic and onion
- Place the onions on the pan and top with tomatoes. Roast for 30 minutes. Top with oregano and basil and bake for 10 minutes more or until skins have lifted off.
- Let cool and blend in blender. Season with salt , pepper and sugar. Can mash in bowl.

*Can use medium to large tomatoes, just cut in half before roasting and remove skins before blending. Can be stored in fridge.

BUFFALO SAUCE

INGREDIENTS

- 1/2 cup organic hot sauce
- 2 1/2 tablespoon ghee/butter
- 1 tablespoon coconut aminos
- 1 teaspoon apple cider vinegar
- 1/2 teaspoon garlic powder
- 1/4 teaspoon cayenne pepper

METHOD

- Place all ingredients in small sauce and place over medium heat.
- When ghee is melted whisk to combine.
- Unused sauce can be stored in fridge for up to 2 weeks

Drizzle a small amount over dish. Serving size about 1 Tablespoon

RESOURCES

REFERENCES

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HEALTHY RECIPES RESOURCES

BLOGGERS

- Castaway Kitchen
- UnboundWellness
- Danielle Walker
- The Defined Dish
- The Whole Cook
- 40 Aprons
- The Whole Smiths

BOOKS

- Against All Grains- Danielle Walker
- Practical Paleo
- Nourishing Traditions
- Real Life Paleo
- The Nutrient-Dense Kitchen

DO YOU WANT

Even More?



Work With Me!

Work with me 1-on 1 for a more customized plan based on your health concerns & goals. I'm passionate about the power of real food and helping my clients feel their best! Contact me to see how I can support you on your health journey.

[CONTACT ME HERE!](#)

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