

Nutrition for Oral Health

A well-balanced, nutritious diet is not only important for your overall health, but for your oral health as well. The food we eat supplies the nutrients that the body, bones, teeth and gums need to renew tissues and help fight infection and disease.



Grocery List



29 ingredients

FRUITS

- 1 Lime
- 2 tbsps Lime Juice
- 1 cup Strawberries

BREAKFAST

- 2 tbsps All Natural Peanut Butter

SEEDS, NUTS & SPICES

- 2/3 tsp Sea Salt

FROZEN

- 1 cup Frozen Cauliflower
- 1 cup Frozen Mango

VEGETABLES

- 2 Acorn Squash
- 1 Carrot
- 6 Cremini Mushrooms
- 3 Garlic
- 3 stalks Green Onion
- 1 cup Kale Leaves
- 2 Red Bell Pepper
- 2 leaves Romaine
- 1 tbsp Thyme Mushroom
- 1 Tomato
- 1 Yellow Onion

BOXED & CANNED

- 1/2 cup Brown Rice
- 1 cup Lentils
- 1/2 cup Vegetable Broth

BREAD, FISH, MEAT & CHEESE

- 8 ozs Chicken Breast, Cooked

CONDIMENTS & OILS

- 1 tsp Extra Virgin Olive Oil
- 2 tps Sesame Oil
- 2 tps Tamari

COLD

- 4 Egg
- 1 1/2 cups Plain Coconut Milk

OTHER

- 1/4 cup Vanilla Protein Powder
- 1/4 cup Water



Veggie Scramble with Strawberries



7 ingredients



15 minutes



1 servings

DIRECTIONS

1. Whisk the eggs in a bowl and season with half of the salt. Set aside.
2. Heat the oil in a pan over medium heat. Cook the peppers for about five minutes or until tender and just browned. Add the tomato and green onion and cook for two to three minutes more until the tomatoes have softened. Season the vegetables with the remaining salt.
3. Push the vegetable mixture to one side of the pan and pour the eggs into the empty side. Stir the eggs frequently as they cook and incorporate the vegetables into the egg once the eggs are cooked through. Serve with strawberries and enjoy!

NOTES

Leftovers

Best enjoyed immediately.

More Flavor

Add dried herbs and spices like garlic powder or parsley.

No Red Pepper

Use any colour of bell pepper.

Like it Spicy

Add red pepper flakes or jalapeno pepper.

No Strawberries

Serve with a different fruit instead.

INGREDIENTS

- 4 Egg
- 1/8 tsp Sea Salt (divided)
- 1 tsp Extra Virgin Olive Oil
- 1 Red Bell Pepper (finely chopped)
- 1 Tomato (medium, diced)
- 1 stalk Green Onion (chopped)
- 1 cup Strawberries (chopped)

NUTRITION

Calories	424	Cholesterol	744mg
Fat	125g	Sodium	634mg
Carbs	24g	Vitamin A	6964IU
Protein	7g	Vitamin C	256mg
Carbs	13g	Calcium	155mg
Protein	29g	Iron	5mg



Rice & Lentil Stuffed Squash



10 ingredients



45 minutes



4 servings

DIRECTIONS

1. Preheat your oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. Cut the squash in half and scoop out the seeds and strings. Season the flesh of the squash with one-third of the salt and place it flesh side down on the baking sheet. Bake for 35 to 40 minutes, or until the squash is tender.
3. Meanwhile, cook the rice according to package directions.
4. Add the broth to a large pan with the onions and garlic. Cook over medium heat until the onions have started to soften, about 3 minutes. Add the mushrooms, thyme, and remaining salt. Continue to cook for another 3 to 5 minutes until the mushrooms start to soften.
5. Wilt in the kale leaves then add the cooked lentils and rice. Stir to combine.
6. Spoon the rice and lentil mixture into the baked squash. Enjoy!

NOTES

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is equal to half a squash and approximately one cup of the lentil and rice filling.

Additional Toppings

Fresh herbs, red pepper flakes or fresh ground black pepper.

No Acorn Squash

Use a different variety of squash or sweet potato.

No Vegetable Broth

Use water instead.

INGREDIENTS

- 2 Acorn Squash (large)
- 1/2 tsp Sea Salt (divided)
- 1/2 cup Brown Rice
- 1/2 cup Vegetable Broth
- 1 Yellow Onion (chopped)
- 3 Garlic (clove, minced)
- 6 Cremini Mushrooms (large, sliced)
- 1 tbsp Thyme (fresh)
- 1 cup Kale Leaves (finely chopped)
- 1 cup Lentils (cooked, rinsed)

NUTRITION

Calories	253	Cholesterol	0mg
Fat	1g	Sodium	391mg
Carbs	55g	Vitamin A	1142IU
Protein	9g	Vitamin C	32mg
Carbs	4g	Calcium	114mg
Protein	9g	Iron	5mg



Peanut Lime Chicken Mason Jar Salad



10 ingredients



10 minutes



2 servings

DIRECTIONS

1. Combine the peanut butter, lime juice, water, tamari, and sesame oil in a small bowl. Divide the dressing between jars. Add the chicken to the dressing in the bottom of the jars.
2. Add the pepper, carrot, and green onion to the jars followed by the romaine lettuce. When ready to eat, shake well and dump into a bowl. Enjoy!

NOTES

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

16oz (473 mL) mason jars were used for this recipe. One serving is one mason jar.

Nut-Free

Use sunflower seed butter instead.

More Flavor

Add garlic, ginger, red pepper flakes or liquid sweetener of choice to the dressing.

Make it Vegan

Use chickpeas or lentils instead of chicken.

No Tamari

Use coconut aminos or soy sauce instead.

INGREDIENTS

- 2 tbsps All Natural Peanut Butter
- 2 tbsps Lime Juice
- 1/4 cup Water
- 2 tsps Tamari
- 2 tsps Sesame Oil
- 8 ozs Chicken Breast, Cooked (cut into cubes)
- 1 Red Bell Pepper (medium, chopped)
- 1 Carrot (medium, cut into matchsticks)
- 2 stalks Green Onion (chopped)
- 2 leaves Romaine (chopped)

NUTRITION

Calories	358	Cholesterol	118mg
Fat	17g	Sodium	429mg
Carbs	15g	Vitamin A	13579IU
Protein	5g	Vitamin C	87mg
Carbs	7g	Calcium	63mg
Protein	41g	Iron	2mg



Mango Lime Smoothie



5 ingredients



5 minutes



1 servings

DIRECTIONS

1. Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

NOTES

Additional Toppings

Add spinach, avocado, kale, pineapple, or chia seeds to your smoothie.

No Coconut Milk

Use almond or oat milk.

Protein Powder

This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.

INGREDIENTS

- 1 cup Frozen Mango
- 1 cup Frozen Cauliflower
- 1 Lime (large, zest and juice)
- 1/4 cup Vanilla Protein Powder
- 1 1/2 cups Plain Coconut Milk (unsweetened, from the carton)

NUTRITION

Calories	348	Cholesterol	4mg
Fat	9g	Sodium	127mg
Carbs	47g	Vitamin A	2574IU
Protein	8g	Vitamin C	130mg
Carbs	36g	Calcium	845mg
Protein	23g	Iron	2mg