

## - Minerals in human nutrition / Dental care

### Vitamins and minerals essential for your oral system

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**Phosphorus:** After calcium, phosphorus is the most essential mineral for tooth strength. It aids in the regeneration of soft tissues and collaborates with calcium to keep teeth robust. Phosphorus is contained in both vegetarian and nonvegetarian foods, including soybeans, pumpkin seeds, lentils, etc., as well as tuna, salmon, shrimp, sardines, scallops, meat, etc. Due to the high concentration of this mineral in common foods, it is not necessary to use dietary supplements in order to obtain sufficient quantities.



**Potassium:** Potassium-rich foods such as sweet potatoes, tomatoes, lima beans, prunes, avocados, and bananas are recommended because along with magnesium, it prevents the blood from becoming acidic. Acidic blood can cause the calcium present in the bones and teeth to percolate.

**Iron:** Iron facilitates oxygen transport throughout the body. A lack of iron in the body might lead to the growth of bacteria in the mouth. Additionally, it might lead to inflammation of the tongue and mouth ulcers. Spinach, beetroot, pomegranate, liver, and red meat are among the iron-rich foods.

**Zinc:** By inhibiting the growth of germs, this mineral prevents the accumulation of plaque at the gum line. Cheese, Cereals, Wheat, and Rice, among others, are zinc-rich.

These are necessary for the body's metabolism to work properly. As nutrients cannot be manufactured by the human body, they must be eaten orally for optimal dental health.

**Vitamin A:** Vitamin A, which is abundant in egg yolks, fish, pumpkin, carrots, kale, spinach, and other foods, prevents dry mouth. It also expedites the recovery of oral injuries. These foods contain a high concentration of betacarotene, which the human body converts into vitamin A. This vitamin also protects the health of the mucous membranes.

**Vitamin B1, B2, and B3:** Regular use of Vitamins B1 and B2 in the form of almonds, spinach, bagels, milk, yogurt, cheese, red meat, etc., can prevent the development of extremely painful canker sores and open sores in the mouth. Vitamin B3 deficiency causes mouth sores and poor breath. Fish and chicken, among other meals, are abundant in Vitamin B3.

**Vitamin C:** Consuming Vitamin C helps to grow and strengthen the gums and soft tissue in the mouth. They serve a crucial function in the production of blood vessels and other necessary tissues that support the formation of teeth and secure them to the jaw. Lack of Vitamin C causes dental problems such as gingivitis, loose teeth, and gum infections, among others. Citrus fruits such as lemon and orange, as well as berries and green leafy vegetables, are Vitamin C-rich foods.

**Vitamin D:** Due to the presence of vitamin D, the body is able to absorb calcium in full proportions. This makes vitamin D essential for optimum oral health. This vitamin aids in the full absorption of ingested calcium and its subsequent distribution throughout the bloodstream.

A deficiency in vitamin D will remove calcium from your teeth and bones. Vitamin D is not only plentiful in natural sunlight, but also in foods such as tuna, Portobello mushrooms, milk, orange juice, fatty fish, etc.

**Vitamin K:** This vitamin functions as a barrier or shield to prevent teeth from cracking and shifting. A lack of Vitamin K can lead to poor oral hygiene, as it can cause frequent bleeding. Vitamin K is abundant in kale, spinach, other green leafy vegetables, Brussels sprouts, etc.

Consuming the aforementioned vitamins and minerals through a wellbalanced and nutritious diet will ensure that your oral system is always healthy.