



Avoiding sugar to protect enamel.
Dairy foods
Leafy greens
Crunchy fruit & veg
Fatty fish

Fatty Fish
Eggs
Berries
Leafy greens
Nuts & seeds
Stable blood sugar

Calcium rich foods such as dairy products
Vitamin D from the sun to help your body absorb the calcium

Complete protein foods such as eggs & dairy, lean meats and fish
Healthy 'clean' plant proteins; legumes, beans edamame
Peas & Broccoli

Include a rainbow hidden veg sauce
Aim for 3-4 natural colours with each meal
Make colourful fruit and veg snacks

Include gut-friendly foods such as live yogurt
Limit or avoid sugar
Stay hydrated to avoid irritability

