

DENTAL HEALTH GROCERY LIST

- ☐ **Water**
- ☐ **Unflavored Milk**
- ☐ **Sugar -free Yogurt**
- ☐ **Fresh Chicken**
- ☐ **Fresh Beef**
- ☐ **Fresh Turkey**
- ☐ **Fresh Fish**
- ☐ **Eggs**
- ☐ **Apples**
- ☐ **Carrots**
- ☐ **Celery**
- ☐ **Bananas**
- ☐ **Beans**
- ☐ **Onions**
- ☐ **Peppers**



DISCLAIMER: This program is NOT a substitute for any advice given to you by your dentist or physician. Always consult your physician or healthcare provider before changing your diet.