

# GOOD NUTRITION AND GOOD ORAL HEALTH: AN ESSENTIAL PART OF BEING HEALTHY

*Did you know:* Increasing your intake of **calcium** and **phosphorus** along with good dental hygiene can help improve your oral health?

**WIC Approved Foods High in Calcium and Phosphorus:** lowfat/fat free milk or soy milk, cheese, and yogurt.

These important nutrients can also be found in fresh fruit and vegetables. Using your eWIC card, you can purchase apricots, kiwi, oranges, berries, pineapple, broccoli, collards, kale, or brussel sprouts.



*Remember: 2x2*  
Brush twice a day for two minutes!

## *Tips for Increasing Dairy Intake:*

- Have a bowl of fruit and yogurt for breakfast.
- Include cheese in a salad or sandwich.
- Enjoy yogurt as a snack.
- Grate cheese on pasta.

## **PREVENT CAVITIES BY:**

- Practicing good hygiene.
- Eating a healthy diet including calcium and phosphorus rich foods.
- Going to the dentist regularly.

This institution is an equal opportunity provider.

## Recipe: **APPLE CHEDDAR MUFFINS**



[acultivatednest.com/chunky-apple-cheddar-muffins](http://acultivatednest.com/chunky-apple-cheddar-muffins)

### Ingredients:

- 2 cups of your favorite apples, roughly chopped
- 6 oz. cubed cheddar cheese
- 1 tsp. cinnamon
- 1/3 cup brown sugar
- 1/2 cup apple juice
- 1/2 cup milk
- 2 cups all-purpose flour
- 1 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. salt

### Directions:

#### **Preheat oven to 400 - Makes 12 muffins**

1. Cube cheese & chop apples – set aside.
2. Sift to combine flour, brown sugar, cinnamon, baking powder, baking soda, and salt in a large bowl, if you don't have a sifter then just stir with a whisk-this helps incorporate dry ingredients more evenly and "fluff" them up.
3. Stir in milk and apple juice to mix well.
4. Fold in cheese and apples until combined.
5. Scoop batter into greased muffin tin or papers to 2/3 full.
6. Bake for 18-20 minutes until tops are golden brown and a toothpick comes out clean when inserted into center.

## Recipe: **ORANGE CREAMSICLE SMOOTHIE**



[liveeatlearn.com/healthy-orange-dreamsicle-smoothie/](http://liveeatlearn.com/healthy-orange-dreamsicle-smoothie/)

### Ingredients:

- 4 mandarin oranges
- 1 banana sliced and frozen
- 1/2 cup lowfat yogurt
- 1/4 cup lowfat milk
- 1 teaspoon vanilla extract

### Directions:

#### **Makes 1 smoothie**

1. Blend all ingredients well. Add more ice as necessary to reach a consistency of your liking.

## Recipe: **EASY YOGURT FRUIT DIP**



[theparentspot.com/recipes/easy-3-ingredient-greek-yogurt-fruit-dip-recipe-with-peanut-butter/](http://theparentspot.com/recipes/easy-3-ingredient-greek-yogurt-fruit-dip-recipe-with-peanut-butter/)

### Ingredients:

- 1 cup lowfat vanilla yogurt
- 2 tablespoons maple syrup or honey
- 1-2 tablespoons peanut butter

### Directions:

1. Stir together all ingredients until smooth. Serve with fruit for dipping.