



NOAH Cookbook Recipes

When we think about eating our favorite foods, we smile. The familiar flavors of a family recipe or the yummy ingredients at our favorite restaurants make us feel happy. That's because the foods we eat are tied to our memories, and our culture and they're important to nourishing our bodies and supporting oral and overall health.

In fact, the foods we eat don't just make us smile, they help us keep a healthy smile. Diet and nutrition play a big role in developing strong teeth, keeping our gums free of inflammation and preventing cavities and mouth sores.

To help you learn how to cook some dishes that are tasty and help keep your smile healthy, Delta Dental of Arizona partnered with NOAH to curate a collection of mouth-healthy recipes. From snacks to drinks to main meals, these recipes are easy to make and come with tips from nutrition and dental experts.

Many of the recipes included in this video series focus on a few key categories:

- **Low in sugar.** Foods that contain less sugar help prevent tooth decay.
- **Protein-rich.** Lean proteins are a good source of phosphorous, which works with calcium to promote strong tooth enamel.
- **Low in acid.** Foods with too much acid can lead to the erosion of tooth enamel and tooth decay.
- **Fiber-rich.** Foods that require more chewing help clean the surface of the teeth by stimulating saliva flow.
- **Calcium-rich.** Calcium keeps your teeth strong and helps defend against cavities.
- **Antioxidant-rich.** Antioxidants including vitamins A, C, E and K help prevent plaque buildup and fight gum disease.

For more dental health educational resources, go to www.healthysmilelearning.org. Healthy Smile Learning is an outreach effort of Arizona PBS on behalf of the Delta Dental Institute.