Foods That Promote Healthy Teeth

**Leafy Greens**
Vitamins A & C in leafy greens work to improve gum health and fight bacteria.

**Proteins**
Protein-rich foods help to build and maintain strong, healthy teeth.

**Fruits**
Fruits help clean your teeth and increase salivation, neutralizing citric and malic acids left behind in your mouth.

**Dairy**
Casein proteins in dairy form a protective film on the surface of your teeth to protect your teeth from decay.

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During the month of August, take a photo of you and/or your family's brightest smile or partaking in daily dental care activities.

Email your photo to wellness@transitchicago.com to be entered into our weekly raffle for a prize!