

# MOUTH HEALTHY Tip Sheet

# Spice it up!

Give your oral health a boost when you sink your teeth into any variety of capsaicin containing hot chili pepper.

Chili peppers are rich in vitamins, minerals, and antioxidants.

## Vitamin A

protects your bones and teeth



## Potassium

improves bone mineral density



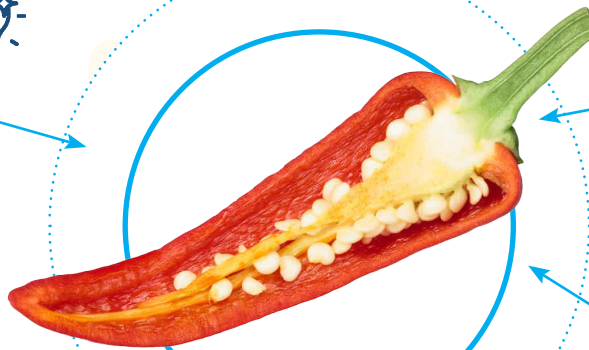
## Vitamin K1

is essential for healthy bones



## Vitamin C

strengthens gums and soft tissues in the mouth and can protect against gingivitis



## Types of Peppers



Ancho



Banana



Cayenne



Jalapeño



Ghost



Habanero



Poblano