

▶ Pregnancy Gum Infection

Researchers have recently found that moms with gum disease were more at risk for having a **preterm, low birth weight** baby.

Pregnant women are at increased risk for gum infection because of hormones released during pregnancy.



How you care for your gums and teeth can affect your baby's health.

Symptoms of Gum Infection:

- Chronic bad breath
- Red or swollen gums
- Tender or bleeding gums
- Painful chewing
- Loose teeth
- Sensitive teeth

Prevent Gum Infection



- Brush your teeth twice a day (with a fluoride toothpaste)
- Floss every day
- Visit the dentist and dental hygienist for a check-up and cleaning
- Eat a well balanced diet
- Don't use tobacco products



See your dentist or dental therapist if you are pregnant or are thinking of becoming pregnant to have your gums and teeth checked and treated if necessary. This helps to prevent you from passing on the bacteria that causes tooth decay to your baby.

▶ Healthy Eating

Eating enough and a variety of foods is important for you and your growing baby.

Be sure to include good sources of calcium and vitamin D in your diet every day. **These nutrients are important for healthy baby teeth.**

Calcium-Rich Foods (1 serving each)

- Milk or fortified soy beverage (1 cup)
- Cheese (1.5 ounces/50 grams)
- Yogurt (3/4 cup)
- Almonds (1/4 cup)

Some Sources of Vitamin D

- Salmon
- Milk or fortified soy beverage
- Egg yolks
- Margarine

3-4 servings of calcium-rich foods daily gives you all the calcium you and your baby need



If you can't get all the calcium you need from food consider taking a Calcium + Vitamin D supplement.