



July 2025

MYOWAY
CENTERS FOR KIDS

Grow Right, Breathe Right, Live Better

724-765-0001 info@myowaycenters.com www.myowaycenters.com

MOUTH MATTERS

MYOFUNCTIONAL WELLNESS NEWSLETTER



CHEW ON THIS: FOODS FOR JAW & AIRWAY HEALTH



Jaw-healthy foods include:

- Crunchy, thick-skinned fruits and vegetables
- Chewy, protein-rich foods
- Dense, chewy grains and breads
- Meats and other proteins

Our Jaw & Airway Experts



Dr. Leslie Pasco
DMD, OFM, CCBI



Ashlee Friedman
BS, RDH, OFM

FOLLOW US - LIKE AND SUBSCRIBE!

- Myoway Centers for Kids
- @myoway_centersforkids
- @MyoWayCentersforKids
- @DrLesliePasco
- Dr. Leslie Pasco

STRONG JAWS START WITH SMART EATING



Good nutrition isn't just about keeping your body healthy — it also plays a big role in how your jaw and airway develop, especially in children. The bones, muscles, and tissues in our face and mouth need the right nutrients to grow strong and function properly.

Key nutrients like calcium, vitamin D, magnesium, and phosphorus help build strong bones, including those that shape our face and jaw. These nutrients also support muscle health, which is important for things like tongue posture and swallowing — both of which affect how well our airway develops and functions.

But it's not just what we eat — it's also how we eat. Foods that require more chewing, such as raw vegetables, nuts, apples, or whole meats, can help strengthen the jaw muscles and stimulate healthy bone growth. Chewing these types of foods regularly gives the jaw a good "workout," which is especially important during the early years of growth. On the flip side, soft, processed foods that require little chewing can contribute to underdeveloped jaws and may even play a role in issues like misalignment, mouth breathing, or restricted airflow.

Poor eating habits — like consuming too much sugar or not getting enough essential nutrients — can lead to weaker bones and muscle imbalances, increasing the risk of dental problems and developmental issues in the mouth and airway.

The good news? A well-balanced diet full of nutrient-rich, whole foods — and a little extra chewing — can go a long way toward supporting strong jaws, healthy breathing, and better overall health.

"The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison."

~ Ann Wigmore ~