

Nutrition & Oral Health

Diet & Tooth Decay

- Dietary imbalance increases the risk of developing chronic diseases such as obesity, heart disease, type 2 diabetes, as well as the risk of developing tooth decay
- Added sugar in the diet is one of the main causes of tooth decay
- Tooth decay refers to the destruction of tooth enamel (the harder outer layer) and dentine (the softer inner layer). It happens when a sticky film of bacteria, called "plaque", forms on the teeth and gums
- When you consume food and beverages containing sugar, the bacteria in plaque produce acids that attack the tooth surface. The build-up of plaque and acid from bacteria causes enamel or dentine to break down, resulting in the formation of a cavity (hole) in the tooth

Sources of added sugar in diet:

1. Naturally occurring sugar: fruit juices, fruit smoothies, sugar cane drinks

2. Sugar added by consumers: sugar or honey added into beverages or in cooking
3. Sugar added by manufacturers: soft drinks, breakfast cereals, 3-in-1 drinks, ice-cream, cakes, biscuits

Tips to reduce tooth decay:

- Reduce the amount and frequency of consumption of food and drinks containing sugar
- If taken, sugary food and drinks should only be consumed at mealtimes, rather than in between meals. Saliva is produced when we chew and protects the teeth against decay
- Avoid sugar-containing food and drinks near bedtime. There is a drop in salivary flow at night and with reduced swallowing activity, sugar remains in the mouth longer
- Plain milk or plain water between meals are better options than sugary drinks
- It is a good practice to rinse your mouth after eating and drinking

Nutrition In Oral Health Disease

**Patricia Queen Samour, Kathy King
(RD.)**



Nutrition In Oral Health Disease:

Nutrition and Oral Medicine Riva Touger-Decker, Connie Mobley, Joel B. Epstein, 2014-03-28 This second edition addresses the complex multifaceted relationships between nutrition and oral health explores proposed relationships between oral systemic and nutritional well being and provides insights into interprofessional comprehensive care for individuals Chapters focus on diet nutrition and oral health promotion and disease prevention across the lifespan oral and dental diseases and disorders oral manifestations of systemic diseases and discussions of the synergy between oral tissues and nutrients Cutting edge research issues regarding the relationship of individual antioxidants trace elements polyphenols and other nutrient substrates and oral health disease nutrigenomics screening for nutrition and oral risk and other areas are covered in detail Editors and authors include experts in nutrition and oral health from around the world This second edition is a invaluable resource for health professionals in the fields of nutrition and dentistry as well as other disciplines whose research practice and education includes nutrition and oral medicine It is an excellent resource for graduate level nutrition and dental students dental and nutrition practitioners educators and researchers as well as other health professionals

NUTRITION AND ORAL HEALTH Dr Abhishek Jairaj, Dr R Padmini Rani ,Dr. Gopinath Vivekanandan, 2021-05-27 Nutrition is an important modifiable parameter which can have a major impact on oral health Poor nutritional status can adversely affect oral health and poor oral health can influence dietary intake and subsequently lead to malnutrition and oral health can play a crucial role in maintaining good nutrition Interdisciplinary teams of general practitioners dentist nurses and dieticians working together can help assure that patients maintain good oral health status and adequate nutrition are maintained To maintain health the human body needs daily nourishment in the form of carbohydrates proteins and minerals The associations between oral health conditions dietary practices and nutritional status and general health status are complex with many interrelating factors Inadequate nutrition can affect the oral health including dental caries periodontal diseases diseases of oral mucosa and infectious diseases Compromised oral health can alter food choices and negatively impact food intake leading to suboptimal nutritional status which can lead to chronic systemic diseases Recognizing and treating oral health and nutrition problems are important in improving the health and quality of life This book provides an overview about the relationship between oral health and nutrition *Nutrition and Dental Health* A. J. Rugg-Gunn, 1993 Draws together information on various aspects of nutrition diet and dental health Topics covered include dental diseases nutrition dental development and dental hypoplasia dental caries dietary aspects of tooth erosion nutrition and periodontal disease the value of teeth in nutrition nutrition and dental health of children and adults dietary advice for the individual national and community food policies for dental health in the UK etc Written for dietitians dentists doctors health educators and those in food manufacturing industries *Nutrition and Oral Health* Gerry McKenna, 2021-09-24 This book explores in depth the relationships between nutrition and oral health Oral health is an integral part of general health across the life

course and this book examines nutritional and oral health considerations from childhood through to old age with particular attention focused on the consequences of demographic changes Current knowledge on the consequences of poor diet for the development and integrity of the oral cavity tooth loss and the progression of oral diseases is thoroughly reviewed Likewise the importance of maintenance of a disease free and functional dentition for nutritional well being at all stages of life is explained Evidence regarding the impact of oral rehabilitation on nutritional status is evaluated and strategies for changing dietary behaviour in order to promote oral health are described Nutrition and Oral Health will be an ideal source of information for all who are seeking a clearly written update on the subject

Nutrition and oral health: Public health relevance Mainul Haque,Md Anwarul Azim Majumder,Mohammed S. Razzaque,2023-03-02 **The Impact of Nutrition and Diet on Oral Health** F. Vida, Zohoori,Ralph M., Duckworth,2019-11-07 Most oral diseases are preventable yet they

remain the most globally common noncommunicable disorders affecting people throughout their lifetime Lifestyle including diet and food choice is central to the occurrence of oral disease Nutrition and diet can impact the development and status of the oral cavity as well as the progression of illness Also poor oral health can influence the ability to eat and consequently to maintain an adequate diet and nutrient balance This book consisting of 14 chapters provides current information on the impact of nutrients macro and micro elements and vitamins and diet on oral health and vice versa i e the impact of oral health on diet nutrition It also reviews possible oral health effects of probiotics as well as relationships between genotype and diet which are important for determining oral disease risk This book is a helpful resource for under and postgraduate students It will also be useful to dentists and nutritionists dietitians as they integrate nutrition education into medical practice

Nutrition in Oral Health and Disease Robert L. Pollack,Edward Kravitz,1985 Abstract A reference text is focused on helping practicing dentists and dental hygienists to realize the value of nutrition science to the oral area and to adopt nutrition counseling of patients as a regular part of their practice The text contains both basic scientific information and the application of this information to oral health and disease The 28 text chapters prepared by experts in their respective fields are grouped among 5 principal themes 1 developmental oral biology and the significance of nutrition to oral health from the fetus through the elderly 2 functional oral biology taste olfaction sensation oral fluids mineralization nutrient requirements for preventing dental plaque 3 nutritional factors in the etiology of oral pathology 4 applied nutrition in oral hygiene 5 and nutrient interactions in oral health and disease Technical summaries and scientific facts are presented throughout the text and literature citations are appended to each chapter

Handbook of Pediatric Nutrition Patricia Queen Samour,Kathy King (RD.),2005 Handbook of Pediatric Nutrition Third Edition provides cutting edge research and resources on the most important pediatric issues and therapies such as prenatal nutrition weight management vegetarian diets diabetes guidelines and transplant nutrition concerns Commonly used by dietetic practitioners studying for their Pediatric Specialty exams registered dietitians dietetic technicians nutritionists pediatricians nurses and dietetic students this book is considered the

last word in pediatric nutrition *Nutrition in Oral Health and Disease* Robert L. Pollack, Edward Kravitz, **Diet and Nutrition in Oral Health** Carole A. Palmer, 2007 This book can serve as a quick reference and or as a clinical manual to enable you to answer patient questions and to integrate nutrition into clinical practice as comfortably as you would fluoride and other preventive modalities This book can also be used as a text by reading the chapters and answering the questions posed in case studies to test understanding For diet screening and guidance the book can also be used as a how to manual Finally the book can be used as a reference by referring to those chapters relating to specific nutrition topics life cycle groups or health related conditions and referring to the last chapter and the appendic for helpful resources

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Nutrition In Oral Health Disease Introduction

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