

The Impact of Diet on Oral Health: Evidence and Recommendations

Dana Thompson
PhD
University of Paris
12 Rue de l'École de Médecine, 75006 Paris, France

Casey Miller
DDS
National Autonomous University of Mexico
Av. Universidad 3000, Coyoacán, Ciudad de México, 04510, Mexico

Ashley Adams
MDS
University of Lagos College of Medicine
Lagos University Teaching Hospital, Idi-Araba, Lagos, Nigeria

Abstract. This article reviews the impact of dietary habits on oral health, providing evidence-based recommendations for preventing dental caries and periodontal disease. It explores the role of sugars, acids, and other dietary components in oral health deterioration. By understanding these relationships, dental practitioners can better guide patients in making dietary choices that promote oral health.

Keywords: Diet, Oral health, Dental caries, Periodontal disease, Nutrition

Introduction

Diet plays a pivotal role in maintaining oral health, with certain foods and beverages contributing to dental caries and periodontal disease. High sugar intake, for instance, is directly linked to the development of cavities, while acidic foods and drinks can erode tooth enamel. This review article examines the scientific evidence surrounding dietary impacts on oral health and offers practical recommendations for prevention. By educating patients about the importance of nutrition in oral health, dental professionals can aid in reducing the prevalence of diet-related dental issues. The article also discusses the potential benefits of certain foods, such as dairy products and fibrous vegetables, in promoting oral health.

This is a preliminary version. To read the full version of the article, please purchase a subscription.

References

1. Ешиев, А. М., & Ешиев, Д. А. (2013). Влияние на репаративную регенерацию костной ткани челюстей остеорегенераторных материалов, синего света и электровибромассажа. Фундаментальные исследования, (2-1), 61-64.