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The key to a healthy smile starts with nourishing your body from within. Good nutrition plays a crucial role in supporting optimal oral health, from protecting your teeth and gums to preventing common dental issues. Discover how the right diet can fuel your smile and keep it shining bright!

Nutrition and Oral Health



The Relationship Between Diet and Oral Health

Diet and oral health are intimately related to one another. Our teeth and gums' health can be directly impacted by the things we eat. Consuming a lot of fermentable carbohydrates, such as sugary meals and beverages, encourage oral bacteria to produce more acid, which can cause cavities and tooth decay. Acidic foods and beverages can erode tooth enamel, increasing sensitivity and the risk of cavities. Nutritional deficiencies and poor diet can weaken the immune system and cause gum disease, which can lead to tooth loss if left untreated. On the other hand, a well-balanced diet that is high in essential vitamins and minerals like calcium, vitamin D, and vitamin C and low in fermentable carbs and acidic foods can encourage strong teeth and gums. Adequate hydration, along with regular dental hygiene practices, is also essential for maintaining optimal oral health.

"You may be able to prevent two of the most common diseases in modern society, tooth decay, and gum disease, simply by improving your diet."

Academy of General Dentistry

Healthy diet solutions for a healthy smile

1

Opt for whole grains like quinoa, brown rice, and oats, which are rich in fiber and vital vitamins and minerals.

2

3

Prioritize fruits and vegetables, aiming for half of your plate to be filled with these nutrient-rich foods in a variety of colors.

4

limit intake of added sugars and acidic foods to support dental health and overall wellness.

5

Reduce sodium intake by avoiding processed foods and excessive salt.

6

Choose tooth-friendly snacks low in sugar and acidity, and rinse with water after snacking to maintain tooth-healthy snacking habits.

7

7

Practice portion control, and plan meals and snacks in advance.

For vegetarians:

It's important to be mindful of potential nutrient deficiencies, such as calcium, Vitamin D, and Vitamin B12, which can contribute to gum disease and tooth loss. However, by incorporating a variety of fruits, vegetables, grains, and legumes, and finding suitable substitutes for dairy products, it is possible to maintain good oral health.

Consulting with a healthcare professional or registered dietitian can help ensure that your diet is adequately meeting your vitamin and mineral needs.

Stay hydrated!

Proper hydration helps to maintain saliva production, which protects teeth and gums. Dehydration can lead to dry mouth, causing oral health issues. Drink enough water and practice good oral hygiene for optimal oral health.