Book review- Journal IDA

Zohoori, F. V., & Duckworth, R. M. (Eds.). (2019). The Impact of Nutrition and Diet on Oral Health. Karger Medical and Scientific Publishers

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The publication of this text is a valuable and timely contribution to the discipline of nutrition and oral health. The editors have compiled a wide range of relevant topics and produced an evidence- based monograph on nutrition that will be a welcome addition to the libraries of universities, dental and medical teams and dietitians or nutritionists. It is particularly timely as there have been few recent updates to other textbooks on this subject in an era when social media “influencers” can easily promote misinformed dietary information or ‘nutribabble’. The book is divided into 3 sections and the chapters are contributed by those with a particular expertise or relevant research interest. The first section contains …..

The second section is

The final section comprises of ..

Overall, the editors have successfully maximised the relevant information in a concise readable format while still delivering an impactful volume to the subject area.

A chapter on probiotics I. interesting seems many

there is a concise introduction to nutrigenomics

Omics-based precision dentistry, AI and machine learning for detection and prediction- little focus on evaluation of evidence in light of big data science- transition from NHST to modelling and simulation- Bayesian statistics Wearable devices- future of dietary estimation- systems approach – interidiscip digital Diet and TMJ???

Policy makers, food industry and academia

The final chapter discusses the physiological and sensory processes involved in oral food processing and the impact on cephalic phase responses. gustation, cognition from gustation . Interestingly, while the role of taste is…, , retropharyngeal olfaction, the key sensory…. flavour (both gustation and olfaction) in food choice….cognition Anosmia loss of smell, dysgueisa (later taste)

This publication is a valuable addition at a time when there appears to be an increasing awareness of the importance of the topic for the dental profession.

Omitted Food based dietary guidelines out of date….. While no text can include all relevant areas, there are a few omissions that are worth mentioning. Given the importance of preventive approaches and dental disease more guidance on dietary intervention or assessment techniques, changes in nutrient requirements through the life cycle and specific effects of food- derived constituents in modifying the progression of dental caries would have been useful The oral effects of the growth in the use of non-nutritive sweeteners or sugar polyols and starch hydrolysates as food ingredients is still under-researched(///blk- check See sugar book). Eating patterns and the anticariogenic effect of specific food constituents requires further research. A chapter on nutritional assessment, including anthropometrics, and dietary counselling would have been useful as most dentists do not have adequate knowledge about these practical skills and implications for oral health.

The importance of dietary advice post oral surgery or cancer treatment …useful tips/

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