Book review- Journal of the Irish Dental Association

The Impact of Nutrition and Diet on Oral Health

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

The publication of this text contributes 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 would be a welcome addition to university libraries, dental professionals, nutritionists and other health care workers with an interest in the impact of diet on health. It is particularly timely as there have been few recent updates to other classical textbooks on this subject and in the era of social media proliferation of ‘nutribabble’ with the latest dietary fads.

The book is divided into 3 sections and each chapter is contributed by …with particular expertise or research interest

A chapter on probiotics I. interesting seems many

there is a concise introduction to nutrigenomics

Omics-based precison 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 diigtial 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)

Omitted 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 reseaerch