Nutrition & Oral Health

By

Ms. Zain Malkawi, MSDH
How Does the Mouth Relate to Good Health??

- The mouth is the entry point for food and the beginning of the gastrointestinal tract.

- The ability to chew and swallow is so critical for the body that required to obtain essential nutrients for the body.

- Oral health plays a significant role in assuring adequate nutritional status.

- Taking care the mouth is an important step on the road to good health.
• For the body’s immune system to fight off infection a balanced diet is so essential too

• Periodontitis one of the bacterial infection that destroys the tissues and bone that surround the teeth: a well-balanced diet may benefit oral health
• Calcium intakes: fewer than 500 mg (or about half of the recommended dietary allowance): almost women and men are twice as likely to have periodontal diseases: as measured by the loss of attachment of the gingival tissue at the oral cavity.

• Calcium is so essential for healthy bones, teeth, muscle contractions

• The relationship between calcium intake and periodontal diseases: calcium has a significant role in building the density at the alveolar bone which is (one of the periodontal tissue) support teeth)
• How could the sunlight be one of the best factors to have a good oral health??..........what do you think??
Vitamin D

The body makes vitamin D when it is exposed to Ultraviolet (UV) rays from the sun.

FOOD SOURCES:
- Cheese
- Margarine
- Butter
- Fortified Milk
- Healthy Cereals
- Fatty Fish
• Gingivitis is one of the mildest form of periodontal diseases: causes the gingiva to become red, swell and bleed easily.

• Researches have shown that patients who consumed less than the recommended 60 mg per day: (about one orange): at nearly one-and-a-half times the risk of developing severe gingivitis.
• Vitamin C: known as a powerful scavenger of reactive oxygen species, which form part of the body's antioxidant defense system

• The relationship between vitamin C and periodontal disease: due to vitamin C which has a significant role in maintaining and repairing healthy connective tissue along with its antioxidant properties

• Fruits and vegetables containing vitamin C (among other important vitamins) are essential to maintaining healthy gums.
Gingivitis:
Gum tissue is inflamed and bleeds when probed.

Severe Periodontitis:
Supporting gum tissues have deteriorated; tooth loosens.
• **Dairy products provide calcium and vitamin D for strengthening teeth and bones.**

• **Breads and cereals supply B vitamins for growth and iron for healthy blood, which in turn contributes to healthy gum tissue.**
• *Lean meat, fish, and beans provide iron and protein for overall good health, and magnesium and zinc for teeth and bones*
Food Pyramid

Fats, Oils, & Sweets
Use Sparingly

Milk, Yogurt & Cheese Group
2–3 Servings

Vegetable Group
3–5 Servings

Fruit Group
2–4 Servings

Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Group
2–3 Servings

Bread, Cereal, Rice, & Pasta Group
6–11 Servings
• Eating patterns and food choices can be important factors in tooth decay (Dental Caries)

• Everything eaten passes through the mouth: where carbohydrates can be used by the bacteria in plaque formation in order to produce acids that capable to damage tooth enamel.
Factors that Involved in Plaque Building-up or Acid Production Are:

- **Frequency of eating.** Acids are released on teeth for about 20 to 40 minutes. The greater the frequency of eating, the more opportunity for acid production.

- **Food characteristics.** Some foods tend to be stick to the teeth, such as chips, food’s characteristics affect the time that it remains in the mouth.

- **Starches can cause caries, too.** Starches in general—from bread to crackers to sugars from fruit, milk, honey, corn sweeteners, and refined sugar—can all produce the acids that damage teeth.
What to Do to Protect and Enhance Oral Health Along With Good Nutrition?

- Incorporate balance and variety in food choice
- Clean teeth with fluoride toothpaste at least twice a day.
- Floss regularly, or use an interdental brush (particularly useful for braces, bridges, or hard-to-reach places).
- Visit the dentist regularly.
- Limit eating occasions to regular meals and no more than two to three snacking occasions daily.
Thank You So Much