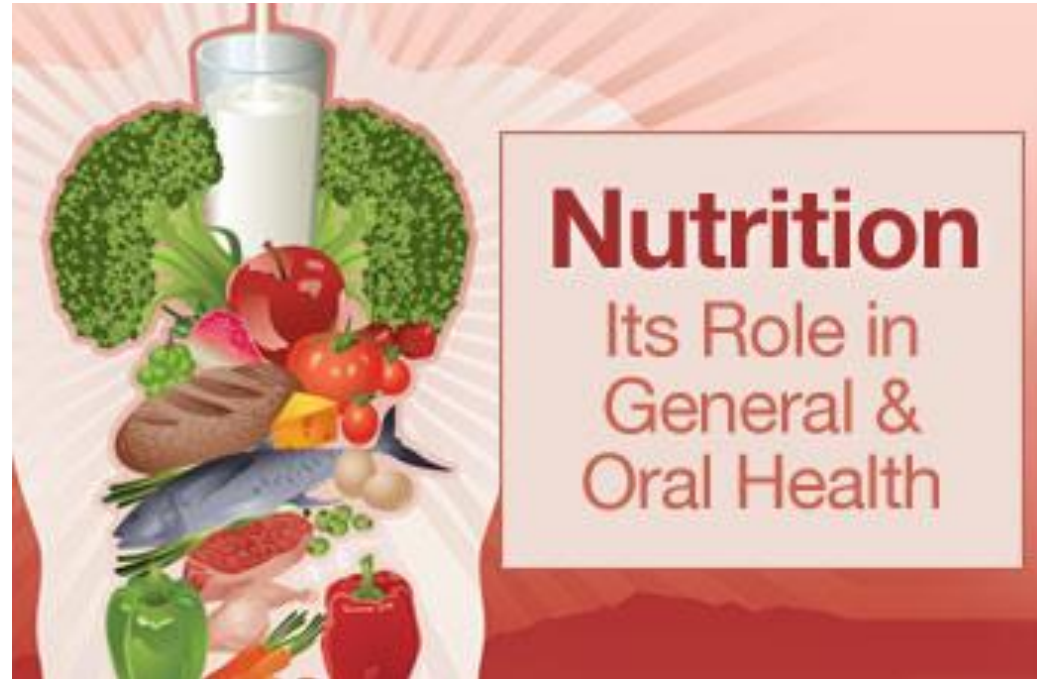


Nutrition & Oral Health

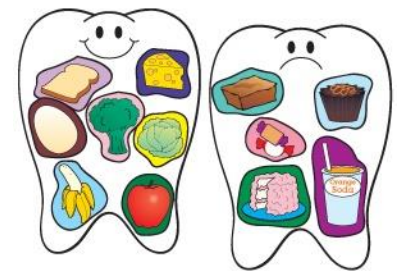


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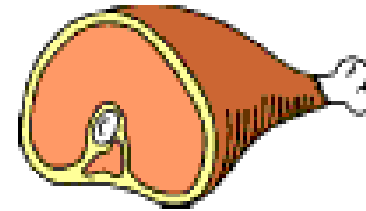
Ms. Zain Malkawi, MSDH

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 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.*



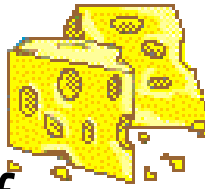
- For the body's immune system to fight off *infection a balanced diet is so essential too*



- *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.*



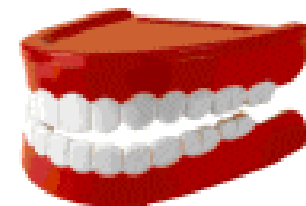
- *Calcium is so essential for healthy bones, teeth muscle contractions*



- *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*



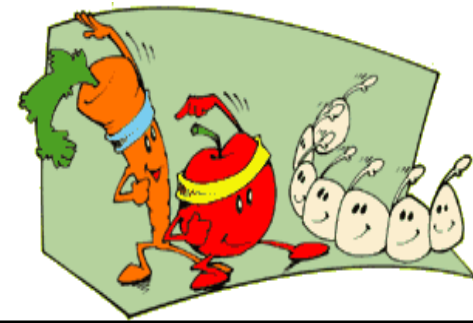
- *Vitamin C: known as a powerful scavenger of reactive oxygen species, which form part of the body's antioxidant defense system*



- *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*

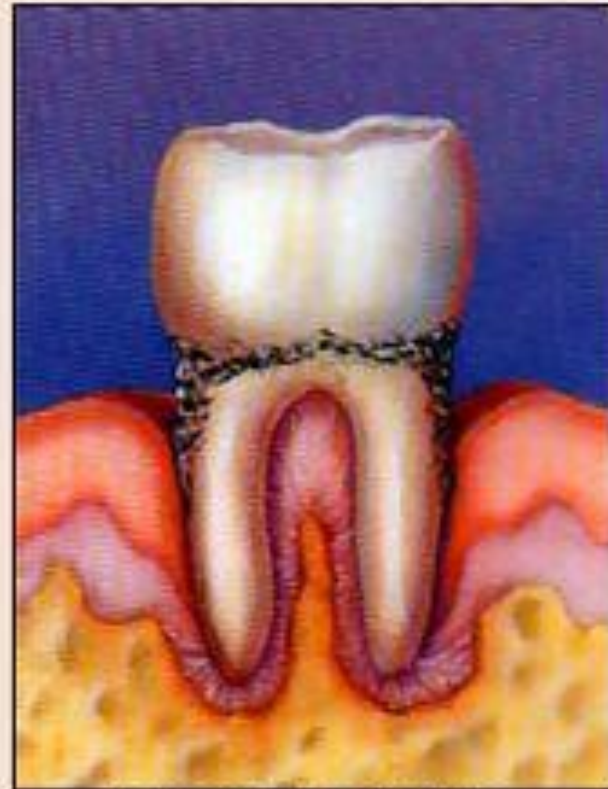


- *Fruits and vegetables containing vitamin C (among other important vitamins) are essential to maintaining healthy gums.*





Gingivitis:
Gum tissue is inflamed
and bleeds when probed.



Severe Periodontitis:
Supporting gum tissues have deteriorated;
tooth loosens.

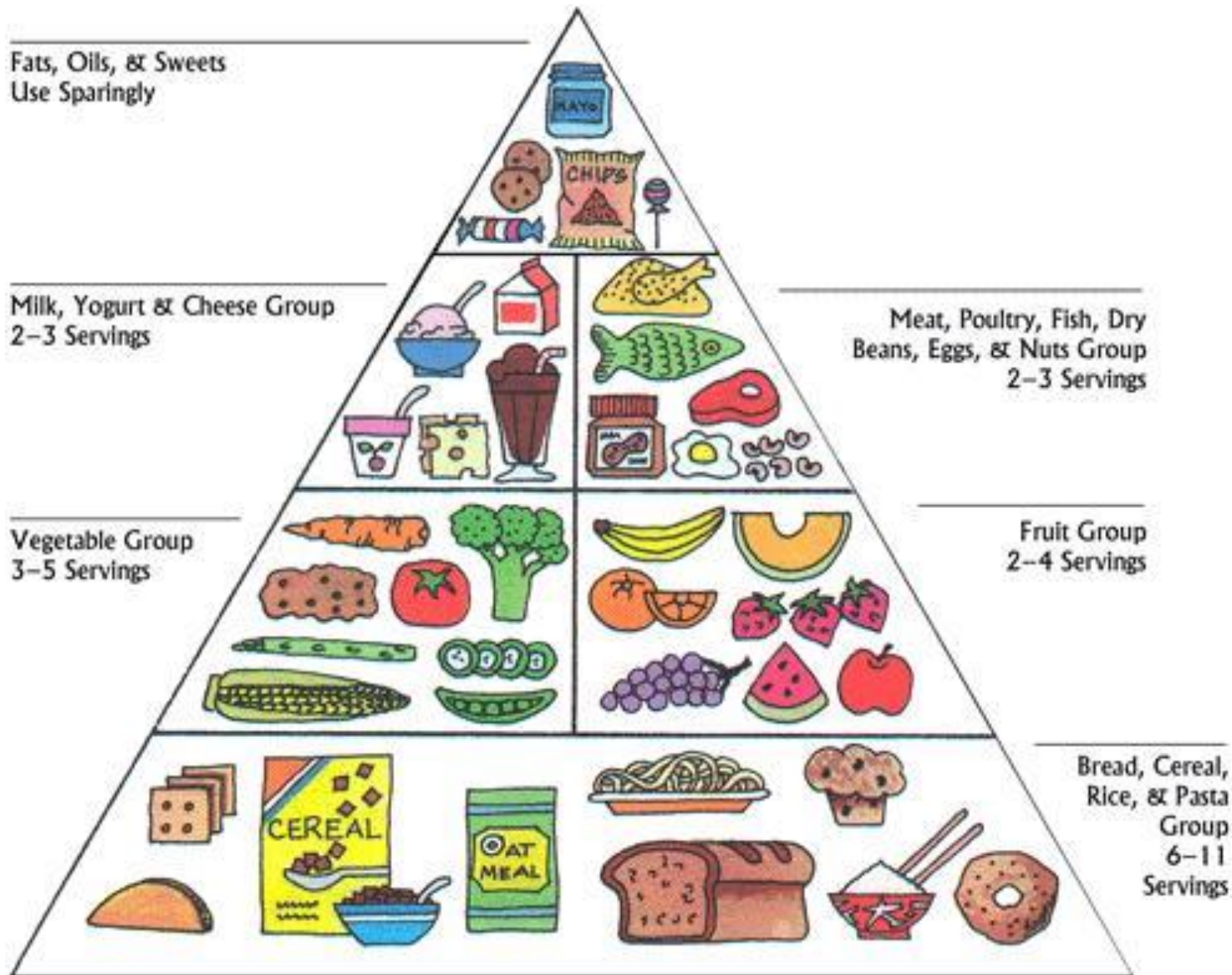
- *Dairy products provide calcium and vitamin D for strengthening teeth and bones.*
- *Breads and cereals supply B vitamins for growth and iron for healthy blood, which in turn contributes to healthy gum tissue.*



- *Lean meat, fish, and beans provide iron and protein for overall good health, and magnesium and zinc for teeth and bones*



Food Pyramid



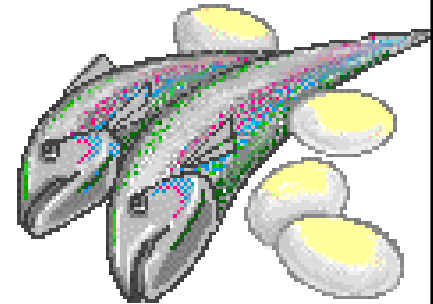
Factors that Involved in Plaque Building-up or Acid Production Are:

- 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

