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# Sugar Availability Diet And Dental Caries In Kenya

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**Sugar Availability Diet And Dental**  
Information on sugar supplies was obtained from Food Balance Sheet data prepared by the Food and Agriculture Organization of the United Nations. The

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study indicates that for the 12-, but not for the 6-, year-old children there is a significant positive correlation between the per capita availability of sugar and dental caries.

### **Sugar availability, sugar consumption and dental caries ...**

Information on sugar supplies was obtained from Food Balance Sheet data prepared by the Food and Agriculture Organization of the United Nations. The study indicates that for the 12-, but not for the 6-, year-old-children there is a significant positive correlation between the per capita availability of sugar and dental caries.

### **Sugar availability, sugar consumption and dental caries.**

For example, dental caries may cause difficulties in eating and sleeping, and in its advanced stages (abscesses), it may result in pain and chronic systemic infection. Dental caries is also associated with adverse growth

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patterns. Further, tooth decay is a frequent cause of absence from school or work. Related links. 5 keys to a healthy diet

### **WHO | Sugars and dental caries**

Going for less frequent dental check-ups was associated with a lower (OR = 0.39) chance of dental decay, since dental decay would be diagnosed and identified at the dentist. Introducing the oral hygiene variables in Model 2 did not drastically alter the OR of the eating habits variables in Model 1, though a more detailed analysis of the interaction effects between oral hygiene and diet is ...

### **Positive association between sugar consumption and dental ...**

Dr Steven Lin's book, *The Dental Diet*, is available to order today. An exploration of ancestral medicine, the human microbiome and epigenetics it's a complete guide to the mouth-body connection. Take the journey and the

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40-day delicious food program for life-changing oral and whole health.

## **The Truth About Sugar and Tooth Decay (by a Renowned Dentist)**

Dental caries develops when bacteria in the mouth metabolize sugars to produce acid that demineralizes the hard tissues of the teeth (enamel and dentine). It affects general health and often causes pain and infection, which may result in tooth extraction. Dental caries is a major public health problem globally and is the most widespread noncommunicable disease (NCD).

## **Sugars and dental caries**

A diet high in processed foods will have a negative affect on your oral health due to the high sugar content. These sugary, sticky, and acidic foods should be avoided to help prevent cavities which lead to more severe dental issues like tooth decay.

## **Can Diet Affect Your Oral Health? |**

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## **Altima Dental**

Some soft drinks contain sweeteners, which are not suitable for young children - ask your dental team if you are not sure. Fizzy drinks can increase the risk of dental problems. The sugar can cause decay and the acid in both normal and diet drinks can dissolve the enamel on the teeth. The risk is higher when you have these drinks between meals.

## **Diet and my teeth | Oral Health Foundation**

Keep added sugar in your diet to a minimum by making wise food and beverage choices. Include dairy, plenty of fruits and vegetables, and water in your diet—they all play a role in your dental health.

## **Foods That Affect Your Dental Health - American Dental ...**

Juices, sodas and even milk contain sugar. Water does not harm the teeth and aids in washing away any food particles that may be clinging to teeth.

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Include good sources of calcium in your child's diet to build strong teeth. Good sources include milk, broccoli and yogurt. Choose xylitol-sweetened or sugar-free gum If your child chews gum.

### **Nutrition & Your Child's Dental Health**

Foods high in sugar are a particularly common cause of tooth decay. You needn't avoid them altogether, but making them a treat rather than a staple will help protect your teeth for years to come. Consider adding some foods low in sugar to your regular meal plan to increase both your family's general health and that of their teeth.

### **Foods Low In Sugar Are Better For Your Teeth**

Cutting down on sugar is a good start. Here are some other ways to promote remineralization and improve the enamel of your teeth. Stimulate your saliva flow by chewing sugarless gum and eat high-fiber veggies and fruits. It

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helps to bathe your teeth in minerals. Calcium and phosphates strengthen teeth, so keep dairy products in your diet.

### **What Are The Effects Of Sugar On Teeth?**

The importance of sugars as a cause of caries is underemphasized and not prominent in preventive strategies. This is despite overwhelming evidence of its unique role in causing a worldwide caries epidemic. Why this neglect? One reason is that researchers mistakenly consider caries to be a multifacto ...

### **Diet and Dental Caries: The Pivotal Role of Free Sugars ...**

In the 1960s the caries theory was depicted as 3 circles representing the 3 prerequisites for dental caries: the tooth, the diet, and dental plaque . Since then, many modifying factors have been recognized, resulting in a more complex model that includes saliva, the immune system, time, socioeconomic status,



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level of education, lifestyle behaviors, and the use of fluorides.

### **Sugars and dental caries | The American Journal of ...**

Less than 5g per 100g is low sugar (4g of sugar is equal to 1 teaspoon of sugar). Choosing alternatives Suggested snacks for inbetween meals include whole fruit, crisp raw vegetables, sandwiches, variety of breads, yoghurt and cheese (providing calcium for healthy bones and teeth), low fat cheese, plain popcorn and scones.

### **Nutrition and Your Oral Health | Dental Health Foundation**

An important factor in the prevention of dental caries is limiting the number of times in a day that sugar enters the mouth. This can be simply illustrated by using the sugar clock. The ...

### **The use of the sugar clock in dental health education ...**

did not extend to diet drinks, but one

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possibility is that at the upper end of frequency of added sugar intakes, where options exist to select a sugar-free variety, such options may be exercised. Squashes and cordials do not offer such an option and so feature highly at the upper end of frequency of added sugar intakes, particularly for children.

### **Food, diet and oral health - Irish Dental Association**

Sugar has been associated with obesity and diabetes, among other conditions. But while some health experts believe cutting it from our diet is the way forward, others disagree.

### **Sugar: should we eliminate it from our diet?**

In a balanced diet those components which may affect dental caries will be used judiciously, so that any enhancement of the dental caries process is controlled. ... Sreebny LM (1982) Sugar availability, sugar consumption and dental caries.

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