

How Diet Affects Oral Health



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Agenda

- 1) What is oral health and why it matters
 - 2) How tooth decay happens
 - 3) Sugar and acidic foods
 - 4) Protective nutrients (calcium, vitamins, water)
 - 5) Practical tips and conclusion



What is Oral Health?

- Oral health means healthy teeth, gums, tongue, and mouth tissues.
 - It affects eating, speaking, and social confidence.
 - Oral health problems can become painful and expensive if ignored.



Why Oral Health is Important

- Bad oral health can affect the whole body.
 - Gum disease is linked with heart disease and diabetes (association).
 - Healthy mouth = better nutrition and better quality of life.



Basic Tooth Anatomy

- Enamel: hard outer protective layer.
 - Dentin: softer layer under enamel (sensitive).
 - Pulp: nerves and blood vessels (pain when infected).



SILENT SIGNS OF GUM DISEASE

Healthy gums don't bleed.
Do yours?

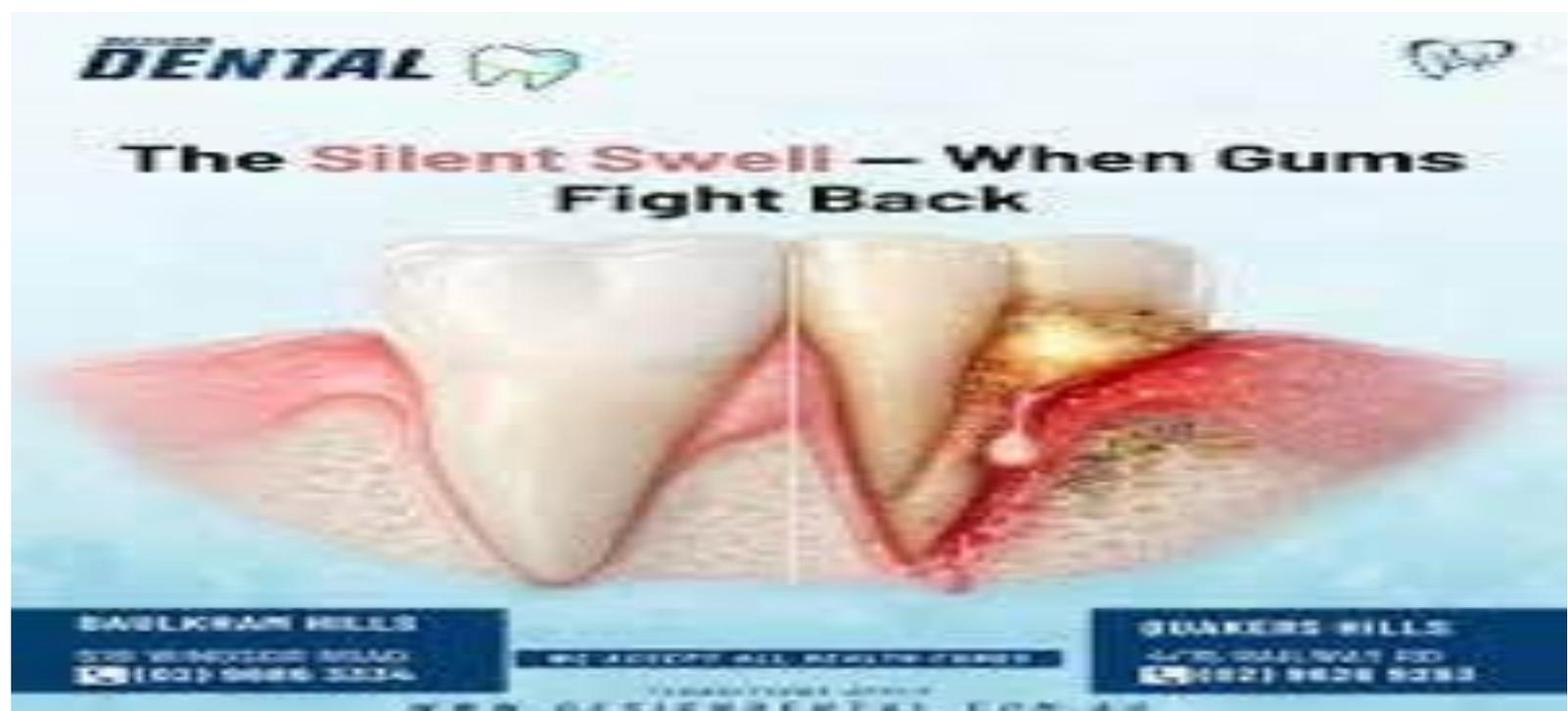
- ✓ Bleeding when Brushing/Flossing
- ✓ Red, Swollen or Tender Gums
- ✓ Persistent Bad Breath



BOOK A PERIO CHECK

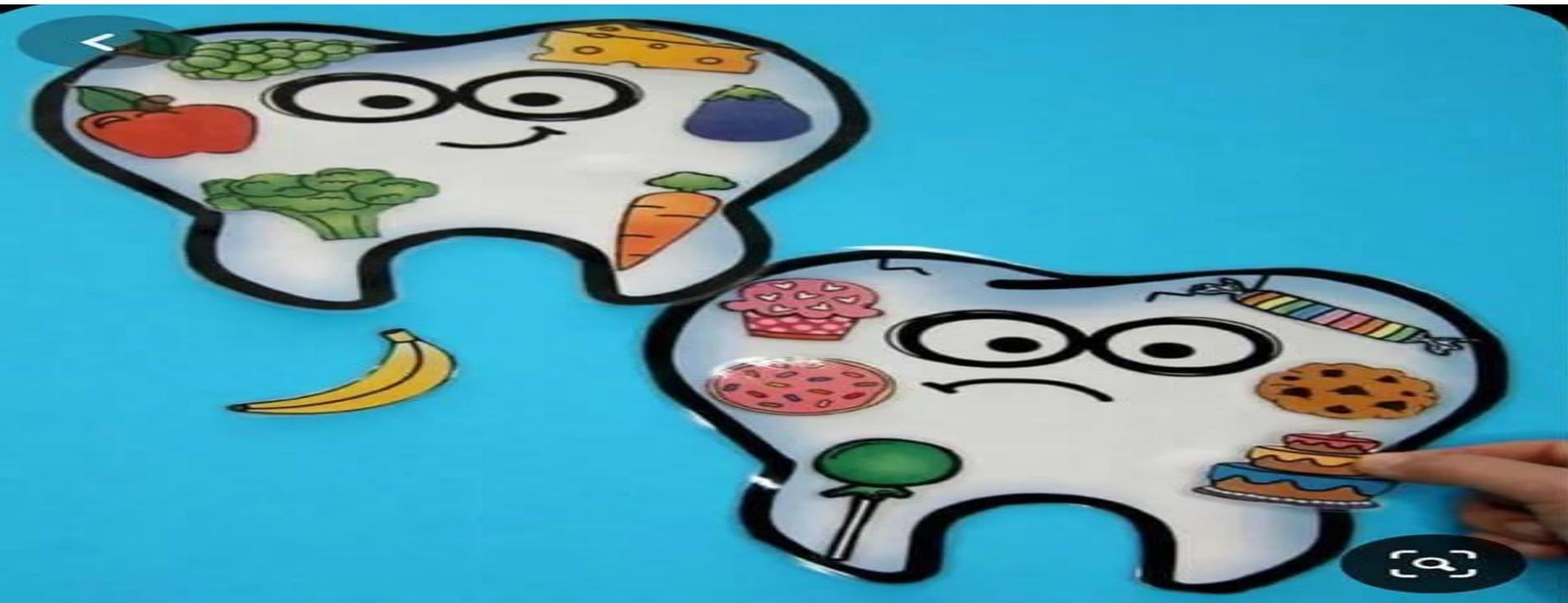
What is Dental Plaque?

- Plaque is a sticky film of bacteria on teeth.
 - It forms after eating, especially sugary foods.
 - If not removed, it hardens into tartar (calculus).



How Cavities Form (Step 1)

- Food + sugar remain on teeth after eating.
 - Bacteria use sugar for energy.
 - They multiply quickly and produce acids.



How Cavities Form (Step 2)

- Acids attack enamel and remove minerals (demineralization).
 - After each snack, enamel is attacked for 20–30 minutes.
 - Frequent snacking = continuous acid attacks.



How Cavities Form (Step 3)

- If mineral loss continues, a hole forms (cavity).
 - Cavities can reach dentin and cause sensitivity.
 - If untreated, infection reaches pulp and causes severe pain.



Sugar: The #1 Enemy

- Sugar is the main fuel for cavity-causing bacteria.
 - More sugar = more acid production.
 - Frequency is more dangerous than quantity (snacking all day).



Sugary Foods Examples

- Candy, chocolate, cakes, donuts, cookies.
 - Ice cream and sweet desserts.
 - Sweet tea, flavored coffee, sweetened milk.



Sugary Drinks are Worse

- Soft drinks cover all teeth with sugar.
 - People sip slowly → longer acid exposure.
 - Even 'natural' juices can contain a lot of sugar.



Hidden Sugars

- Breakfast cereals and granola bars.
 - Ketchup, sauces, and packaged foods.
 - Flavored yogurt and processed snacks.



Sticky Foods are Dangerous

- Caramels, gummies, dried fruits stick to teeth.
 - They stay longer than liquid sugar.
 - This increases acid time and cavity risk.



Acidic Foods and Drinks

- Acid does not need bacteria to damage teeth.
 - It directly softens enamel surface.
 - Over time → enamel erosion and sensitivity.



Common Acidic Drinks

- Soda (regular and diet).
 - Energy drinks and sports drinks.
 - Some flavored sparkling waters.



Citrus Fruits: Healthy but Acidic

- Oranges, lemons, grapefruits contain vitamin C.
 - But they are acidic and can soften enamel.
 - Best: eat with meals, not sip juice all day.

Signs of Enamel Erosion

- Teeth look more yellow (dentin shows).
 - Sensitivity to cold, hot, or sweets.
 - Edges of teeth become thin or transparent.



Calcium: Builds Strong Teeth

- Calcium strengthens enamel and jawbone.
 - It supports tooth structure and mineral balance.
 - Low calcium can make teeth weaker over time.



Best Calcium Sources

- Milk, cheese, yogurt.
 - Leafy greens (spinach, kale).
 - Almonds and fortified foods.



Why Cheese is Good for Teeth

- Cheese increases saliva flow.
 - It can help neutralize acids.
 - It provides calcium and phosphate for enamel.

Vitamin C and Gum Health

- Vitamin C helps collagen production in gums.
 - Prevents gum bleeding and swelling.
 - Deficiency increases risk of gum disease.

Vitamins



Vitamin D and Oral Health

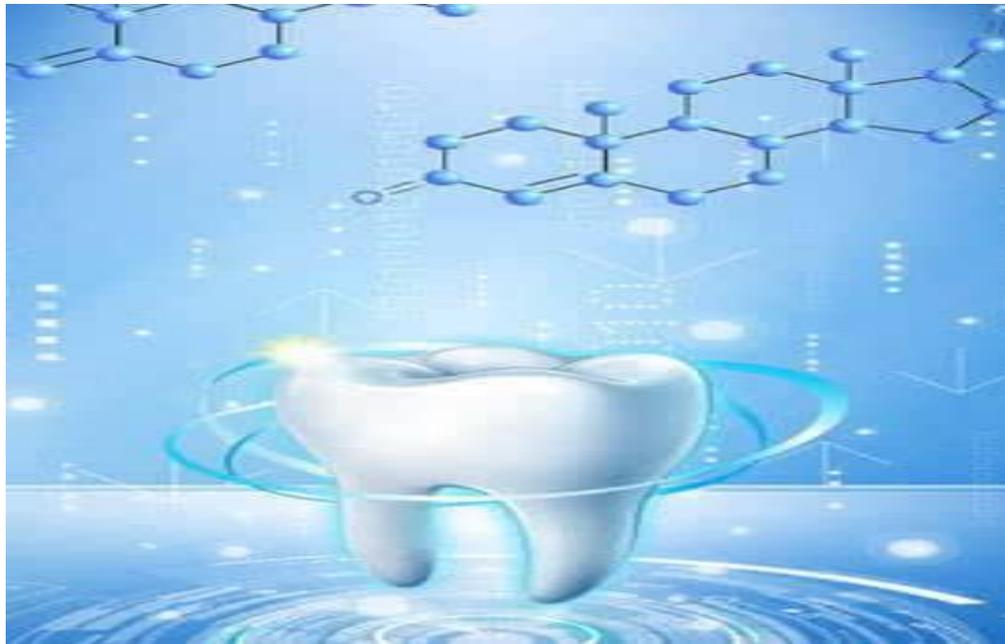
- Vitamin D helps absorb calcium.
 - It supports bone strength including jawbone.
 - Low vitamin D may increase risk of periodontal disease.

Vitamins



Water: The Best Drink

- Water rinses away food and sugar.
 - It reduces dry mouth and supports saliva.
 - Fluoridated water helps prevent cavities.



Saliva: Natural Protection

- Saliva neutralizes acids after meals.
 - It helps repair early enamel damage (remineralization).
 - Dry mouth increases cavities and bad breath.

Water



Healthy Snacks for Teeth

- Apples, carrots, cucumbers (stimulate saliva).
 - Nuts (minerals + low sugar).
 - Cheese or yogurt (calcium + neutralize acid).



Bad Snacking Habits

- Snacking all day keeps mouth acidic.
 - Sipping soda/juice slowly is very harmful.
 - Brushing immediately after acidic foods can damage softened enamel.



Best Daily Tips

- Limit sugar to mealtimes, not between meals.
 - Drink water after eating.
 - Brush twice daily with fluoride toothpaste + floss daily.
 - Visit dentist regularly for checkups.



Conclusion

- Diet strongly affects cavities, enamel erosion, and gum health.
 - Balanced diet protects teeth and supports gums.
 - Healthy food + good hygiene = strong smile.



Thank you

