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ARTIFICIAL SWEETENERS AND ORAL HEALTH

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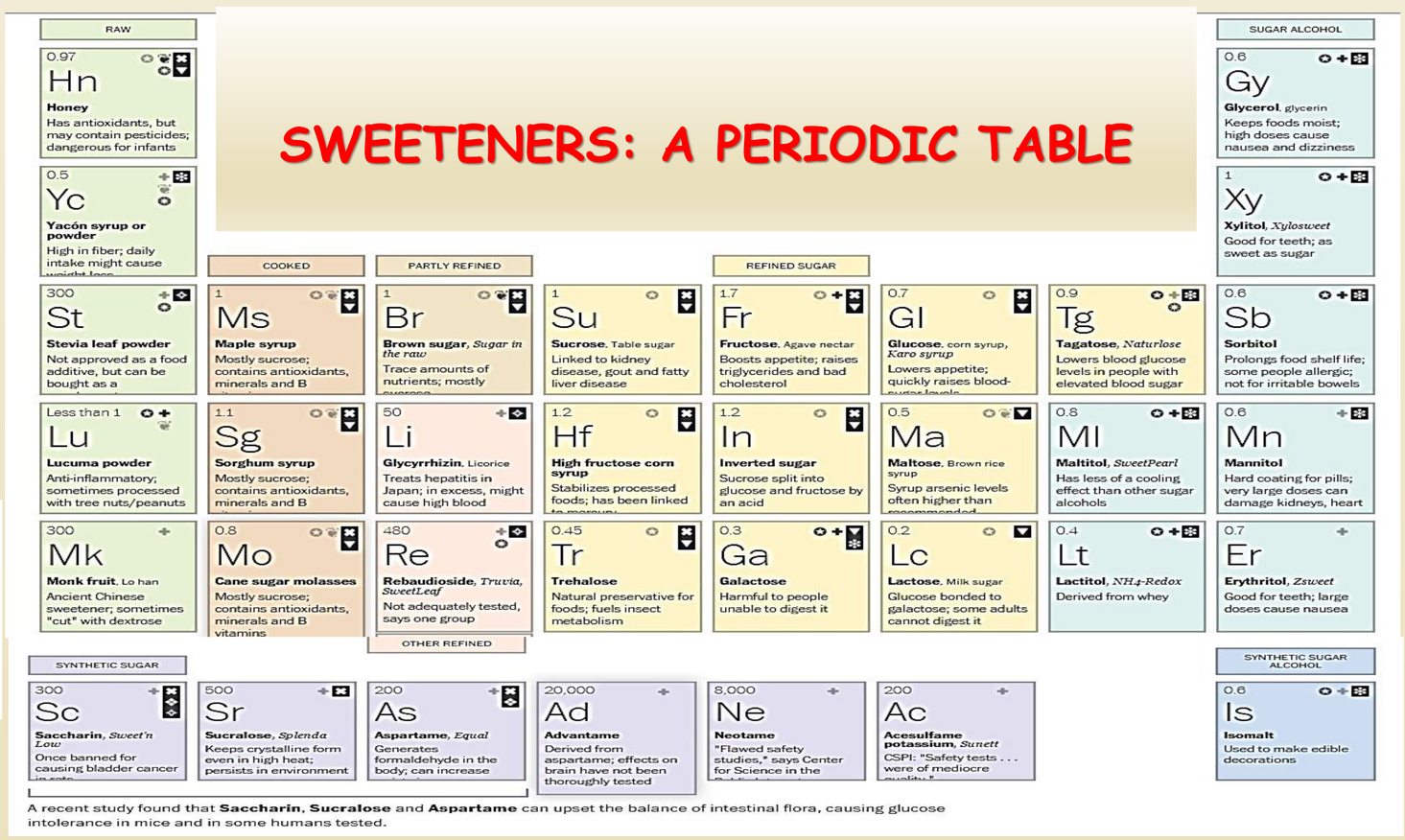
INTRODUCTION:

Too much sugar can be detrimental to health, rotting teeth, building fat, damaging blood vessels and stressing out the system that regulates blood sugar. Some people turn to artificial sweeteners, but those are under increasing suspicion of creating metabolic problems, such as diabetes and obesity.

Natural alternative sweeteners exist, but even they have pitfalls if consumed in excess. Sugar substitutes taste like sugar, but have no calories or carbohydrates. They don't contribute to weight gain, don't cause cavities and don't raise blood sugar levels. Since sugar substitutes are many times sweeter than sugar, only small amounts are needed to sweeten foods and beverages.

All, except saccharin, are approved as safe for use during pregnancy.

AIM: The aim of the study was to highlight the importance of knowledge of using Artifical sweeteners and their effects on oral health and recommendations of the World Health Organization.



Sweeteners: a periodic table
This table charts the wide variety of sweeteners available in the United States, either in bulk amounts or as additives in food.

Not listed are super-sweet-tasting, zero-calorie proteins from several African fruits (monellin, brazzein and thaumatin), which have not been approved for use by the FDA.

Also not included: banned or poisonous sweeteners, such as lead acetate, which ancient Romans made by cooking sour wine in lead pots.

RESULTS: The severity of sugar's impact on your teeth can vary depending on the amount, type and form of sugar consumed, but the effects remain the same – cavities. However, the total amounts of sugar you eat have less of an impact on your teeth than how often you consume the sugar.

Sugar consumed in liquid form, such as sodas or juices, gets into every hard-to-reach nook and cranny in your mouth. Even with regular brushing, those sugars can be difficult to reach encouraging the growth of harmful bacteria. Chewing foods laden with sugar can leave larger-than-normal amounts of sugar residue on your teeth. Your saliva will not wash away this residue. And harmful bacteria are invited to wreak havoc on your tooth enamel.

CONCLUSION:

- WHO recommends a reduced intake of free sugars throughout the lifecourse (strong recommendation1).
- In both adults and children, WHO recommends reducing the intake of free sugars to less than 10% of total energy intake2 (strong recommendation).
- WHO suggests a further reduction of the intake of free sugars to below 5% of total energy intake (conditional recommendation3).