

THE IMPORTANCE OF DIET IN THE PREVENTION OF CARIES

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Abstract

If foods rich in sugars are often eaten, teeth will have greater exposure of low pH and result will be its faster demineralization. Therefore it is desirable to shrink the frequency of intake foods and drinks high in sugar. It is better to eat a few cookies at once and to rinse teeth than to eat one cake repeatedly all day.

An interesting fact is that more dangerous for the teeth is input of foods rich in starch than sugar. Starch imported through: chips, flour, etc., sticks to the surface of teeth, lingers prolonged and thus ensure an increase of available sugar for bacteria and lasting negative effect. In the occurrence or prevention of cavities, an important role have not only type of diet but also its: shape, consistency, nutritional composition, and the period through which the teeth are exposed to food, the frequency of its input and the combination of foods that are input. Consuming foods with basic pH, reduces the incidence of carries in the mouth, including milk products, meat, eggs fish, vegetables, and fresh fruit. Although fruits which contain sugars, they have a positive contribution to the restriction of caries, because they are the type of higher carbohydrates and are captured in the cell structure of the fruit. Certain products provide protection from caries. Milk and milk products reduce the acidity in the mouth and reduce the exposure of teeth to acids.

Because of these capabilities, these products must be eaten at the end of a meal or in combination with rich fermented carbohydrates (starches and sugars). Bananas in combination with cereals and milk crackers with cheese have significantly less potential in creating cavities than bananas and crackers are eaten separately.

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