



Diet and Nutrition in Oral Health

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Editors: Carole A. Palmer EdD, RD, Professor,
Gerald J. & Dorothy R. Friedman

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Subjects: Dentistry

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Overview:

Dentistry today is changing to meet the needs of a changing population. Life expectancies continue to increase and the nature and demographics of oral diseases are changing. The American Dental Association and the American Dental Hygienists' Association recommend that dental professionals "maintain current knowledge of nutrition recommendations as they relate to general and oral health and disease" and "effectively educate and counsel their patients about proper nutrition and oral health." Diet and Nutrition in Oral Health accomplishes both of those objectives. It provides a quick reference to answer patient questions and to integrate nutrition into clinical practice while also serving as a valuable resource for students seeking to gain an understanding of how diet and nutrition impact oral health.