

You Are What You Eat!

Role of Diet and Gum Disease

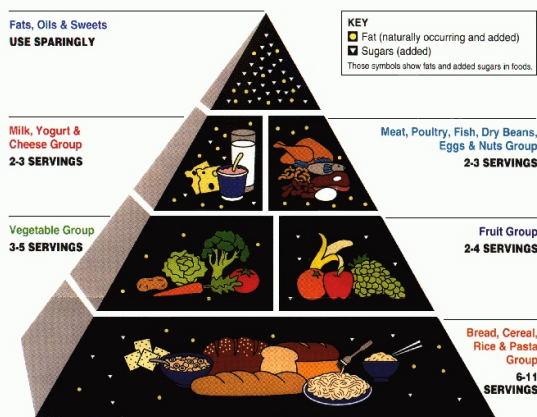
Proteins, vitamins and other nutrients are essential for the health of the periodontal (gum) tissues, just as they are for the health of the tissues throughout the body. A nutritional deficiency has never been shown to be the specific cause of periodontal pocket formation, gingivitis or other periodontal infections. For these conditions to develop, plaque must be present on the teeth. If you were to look at plaque under the microscope you would see a village, no bigger, a city of microorganisms just sitting back and having a good old time.

Certain nutritional deficiencies (notably protein, ascorbic acid and vitamin B complex) may modify gingival (gum) tissue resistance so that an inflammatory condition (red swollen gums) initiated by the microorganism (bugs) in the plaque will more easily develop or be increased in its intensity. Good nutrition really does make a difference to the health of your gum tissues.

A Bit About Nutrition

Your body is a complex machine that needs daily attention if you want it to run well. The foods you choose as fuel and how often you “fill-up” may affect the health of your entire body, including your teeth and gums

A balanced diet includes a variety of foods that give your body the nutrients it needs. Protein, carbohydrates, vitamins, minerals, fat and water in proper amounts and proportions make up what is called a Balanced Diet. To make sure you get the nutrients your body needs you can follow the recommendations of the Food Guide Pyramid.



Your daily diet should include:

- ❑ 6 - 11 servings of bread, cereals and other grain products.
- ❑ 2-4 servings of fruit
- ❑ 3-5 servings of vegetables
- ❑ 2-3 servings of meat, poultry, fish or alternatives
- ❑ 2-3 servings of milk, cheese or yogurt.

Adjustments to your daily food requirements may be necessary because of age, sex, physical condition and/or personal activities level. Almost everyone should have at least the minimum number of servings from each group every day. Young children may not need as much food in general but the proportions can be the same. They can have smaller servings from all the groups except milk which should total 2 servings per day.

More about Nutrition in our next newsletter.

Your dental team,

Cary, Joanne, Barbara, Melissa, Cassandra, Dean, Samantha and Michelle