

Nutrition Function in Maintaining Healthy Gums and Teeth

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DESCRIPTION

A healthy, radiant smile is not only a sign of beauty but also an indicator of overall well-being. While proper dental hygiene practices like regular brushing and flossing play a significant role in oral health, nutrition also plays a significant part. The foods can greatly influence the health of our teeth and gums. It will explore the intricate relationship between nutrition and oral health, highlighting the foods that can promote strong teeth and healthy gums.

Before delving into the role of nutrition, let's establish a basic understanding of oral health. The harmful bacteria feed on sugars and produce acids that erode tooth enamel, leading to cavities. Additionally, poor oral hygiene can lead to the buildup of plaque, a sticky film of bacteria that can cause gum disease if not adequately removed. The key to maintaining a healthy mouth is striking a balance between good and bad bacteria, and this is where nutrition comes into play.

Calcium is often associated with strong bones, but it's equally significant for maintaining healthy teeth. Teeth are primarily made up of calcium, and a deficiency can lead to weakened enamel, making them susceptible to decay. Dairy products such as milk, cheese, and yogurt are excellent sources of calcium, as are leafy greens like kale and broccoli. Vitamin D is essential for the absorption of calcium in the body, making it a vital nutrient for maintaining strong teeth and bones. Sunlight is a natural source of vitamin D, but it can also be obtained from fortified foods like cereals and fatty fish such as salmon and mackerel.

Vitamin C is known for its role in supporting the immune system, but it also plays a significant role in gum health. A deficiency in vitamin C can lead to bleeding gums and even scurvy. Citrus fruits, strawberries, and bell peppers are rich sources of vitamin C that can help keep gums healthy. Phosphorus is another mineral essential for maintaining tooth enamel and overall oral health. It works in conjunction with calcium to keep teeth strong. Foods like meat, fish, eggs, and dairy products are excellent sources of phosphorus.

Fluoride is a mineral that strengthens tooth enamel and helps protect teeth from decay. It's often added to drinking water and toothpaste, but it can also find it in foods like fish and tea. Water is a fundamental element for maintaining oral health. It helps wash away food particles, bacteria, and acids that can lead to tooth decay and gum disease. While it's important to focus on the consumption of essential nutrients for oral health, it's equally significant to be aware of the foods and drinks that can harm teeth and gums. Sugar is a primary culprit in promoting tooth decay.

Acid wears away tooth enamel, making teeth more vulnerable to decay. Common acidic culprits include citrus fruits, tomatoes, and carbonated beverages. While these foods can be part of a healthy diet, it's essential to consume them in moderation and take extra care with oral hygiene afterward. Maintaining a balanced diet that includes all the essential nutrients for oral health while limiting sugar and acidic foods is significant. A diet rich in fruits, vegetables, lean proteins, and dairy products can provide the necessary vitamins and minerals to keep teeth and gums strong.

Fruits and vegetables like apples, carrots, and celery have a natural abrasive quality that helps clean teeth as it chew. They also stimulate saliva production, which aids in neutralizing acids and strengthening tooth enamel. Dairy products like milk, cheese, and yogurt are excellent sources of calcium and phosphorus, making them essential for strong teeth. Cheese, in particular, helps balance the pH level in the mouth, reducing the risk of tooth decay.

Leafy greens such as spinach and kale are rich in calcium, which is essential for tooth strength, and vitamin C, which promotes gum health. Incorporating these greens into diet can help maintain a healthy mouth. Proteins like chicken, fish, and lean beef provide phosphorus, a critical mineral for tooth enamel. They also contain zinc, which can help prevent plaque buildup. Both green and black teas contain compounds that can suppress harmful bacteria in the mouth and inhibit the growth of cavity-causing bacteria.

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Nutrition plays a pivotal role in maintaining healthy teeth and gums. A balanced diet rich in essential nutrients like calcium, vitamin D, vitamin C, phosphorus, and fluoride is significant for keeping teeth strong and resistant to decay. Additionally, being mindful of sugar and acidic food consumption and

practicing good oral hygiene can go a long way in preserving oral health. By incorporating tooth-friendly foods into it diet and making healthy choices, it can ensure a beautiful smile and a lifetime of strong teeth and gums. Remember, mouth reflects what it eat, so make it diet a recipe for healthy oral success.