



Diet, Nutrition and Oral Health

Guest Editors:

Dr. Amit Arora

Associate Professor, School of
Health Sciences, Western Sydney
University, Penrith, NSW 2751,
Australia

**Prof. Dr. Fatemeh Vida
Zohoori**

School of Health & Life Sciences,
Centre for Public Health
Research, Teesside University,
Middlesbrough Tees Valley TS1
3BX, UK

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Message from the Guest Editors

Diet and nutrition play an important role in the promotion and maintenance of good oral health throughout the entire life course. Excess consumption of sugars is harmful for both general and oral health. Some of the oral conditions influenced by diet and nutrition include dental caries, developmental defects of enamel, dental erosion, periodontal disease, and oral cancer.

For the first time in 1990, the World Health Organization (WHO) recommended the consumption of free sugars to be less than 10% of our dietary intake. The WHO updated the recommendations in 2003, again recommending populations consume <10% energy intake from free sugars. In 2015, WHO developed a Guideline for Sugars Intake for Adults and Children which made a strong recommendation that individuals limit consumption of free sugars to <10% of energy intake and preferably to <5% energy intake, to protect oral health throughout the life-course.

This Special Edition is intended to provide current research and policy developments on diet, nutrition and oral health. This issue is open to any subject area related to the diet and nutritional determinants of oral health across the life course.





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Editor-in-Chief

Prof. Dr. Paul B. Tchounwou

RCMI Center for Urban Health
Disparities Research and
Innovation, Richard Dixon
Research Center, Morgan State
University, 1700 E. Cold Spring
Lane, Baltimore, MD 21251, USA

Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

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