

Special Issue

Diet, Nutrition and Oral Health

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

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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Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
ijerph@mdpi.com

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Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed 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 journal.

Editor-in-Chief

Prof. Dr. Paul B. Tchounwou
RCMI Center for Urban Health Disparities Research and Innovation,
Richard N. Dixon Research Center, Morgan State University, Baltimore,
MD 21251, USA

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