

Special Issue

Diet and Oral Health

Message from the Guest Editors

Nutrition plays a fundamental role in maintaining oral health, highlighting the direct connection between what we eat and the well-being of our teeth, gums, and overall oral environment. A balanced diet provides essential nutrients that support the development, maintenance, and repair of oral tissues. Key nutrients like calcium, phosphorus, and vitamin D strengthen teeth and bones, while vitamins A and C are critical for maintaining healthy gums and soft tissues.

Conversely, poor nutrition can lead to a variety of oral health problems. Diets high in sugar and refined carbohydrates contribute to the growth of harmful bacteria in the mouth, increasing the risk of tooth decay and gum disease. Acidic foods and beverages can erode tooth enamel, leaving teeth vulnerable to sensitivity and decay.

We are pleased to invite you to contribute to this Special Issue, which aims to evaluate the correlation between eating disorders and oral cavity pathologies, as well as to investigate the relationships between diet and the oral microbiome.

Guest Editors

Dr. Alessandro Chiesa

Department of Surgery, Medicine, Dentistry and Morphological Sciences, University of Modena and Reggio Emilia, 41124 Modena, Italy

Dr. Luigi Generali

Department of Surgery, Medicine, Dentistry and Morphological Sciences, University of Modena and Reggio Emilia, 41124 Modena, Italy

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

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About the Journal

Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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