

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.

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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.

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