



Connecticut State Dental Association

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CONNECTICUT STATE DENTAL ASSOCIATION STRESSES EATING RIGHT FOR GOOD ORAL HEALTH

National Nutrition Month is an Opportunity to Recognize the Importance of a Healthy Diet

HARTFORD- March is National Nutrition Month and the [Connecticut State Dental Association](http://www.CSDA.com) (CSDA) stresses the importance of eating healthy foods to maintain healthy teeth and gums. The foods we choose as fuel, and the frequency with which we “fill up,” affect our general health and our oral health.

“The dental community is naturally concerned about what people are eating. It’s extremely important, especially for children whose teeth are still developing, to consume healthy foods,” said Dr. Jon Davis, President of the CSDA. “Eating patterns and food choices among children and teens are important factors that affect how quickly youngsters may develop tooth decay. Tooth decay is caused when bacteria (plaque) comes into contact with sugar in the mouth and acid is produced which attacks the teeth for 20 minutes or more. Learning good eating habits early can prevent that cycle from starting. Even though all foods contain sugar, even healthy foods such as milk and fruit, they shouldn’t be removed from our diet because they contain important vitamins and nutrients. It is important, however, to limit sugary sports drinks, soda and juices as well as candy and other high sugar, processed foods,” Dr. Davis continued.

If your diet lacks certain nutrients, it may be more difficult for tissues in your mouth to resist infection. This may contribute to periodontal (gum) disease, a major cause of tooth loss in adults. Although poor nutrition does not cause periodontal disease directly, many researchers believe that the disease progresses faster and could be more severe in people with nutrient poor diets.

To help balance the amount of sugar you are eating, read the food labels and choose foods that are low in processed sugar. Added sugars are often found in processed food such as cookies, sports drinks, pastries and candy. Watching the content of your food, having regular dental checkups, and practicing good oral hygiene are all key components to ensuring good oral health.

About Connecticut State Dental Association

The Connecticut State Dental Association (CSDA) has approximately 2,670 members including dentists, dental hygienists and dental assistants. As the trusted leader and voice for oral health

care in CT, the CSDA has advocated for the public's health and promoted the art and science of dentistry since 1864. For more information about the CSDA, visit the Association's Web site at www.csda.com.

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