

The Effect of Diet on Dental Health

Diets low in certain nutrients reduce resistance to oral and dental infections, that is, periodontal disease (gum disease) and decay. Woodbury Family Dental feels a healthy immune system is essential to controlling periodontal disease.

Counseling in the Four Basic Food groups will improve dental health and general health. The consumption of sugar, especially in sticky forms or in a baby bottle while sleeping, contributes to the rapid development of dental decay.

The trace nutrient fluoride, is not adequately supplied by bottle or municipal water

supplies throughout the Monroe/Woodbury area. Supplementation with oral tablets, daily rinses and topical application will greatly reduce the incidence of tooth decay.

Together, a balanced diet, daily use of fluoride, effective brushing, and sensible eating habits can reduce the risk of, or even prevent, infectious dental disease.

Please don't hesitate to call Woodbury Family Dental if you need more information on diet or fluoride supplementation and its relationship to dental care and good overall health.

For any questions, please e-mail us at
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Please call us for a no-charge consultation.

