

A Palette of Plant-based Dietary Patterns: How do they Impact Dental Health?



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CE Credits: 1 hour

Intended Audience: Dentists, Dental Hygienists, Dental Assistants, Office Managers, Dental Students, Dental Hygiene Students, Dental Assistant Students

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- Participants must always be aware of the hazards of using limited knowledge in integrating new techniques or procedures into their practice. Only sound evidence-based dentistry should be used in patient therapy.

Conflict of Interest Disclosure Statement

- Ms. Karlin reports no conflicts of interest associated with this course. She has no relevant financial relationships to disclose.
- Dr. Karlin reports no conflicts of interest associated with this course. She has no relevant financial relationships to disclose.

Introduction – Plant-based Diets

Participants in this video course will be introduced to evidence-based science surrounding the impact of whole-food, plant-based dietary patterns on dental health. Consuming a healthy, diverse, plant-based eating style is key to obtaining the nutrition that is critical for both our dental and overall health.

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Overview

Participants in this course will be introduced to evidence-based science surrounding whole-food, plant-based dietary patterns, food synergy, phytonutrients, prebiotics and probiotics; how they impact the integrity of the oral cavity and their ability to optimize oral health.

Learning Objectives

Upon completion of this course, the dental professional should be able to:

- Discuss plant-based dietary patterns and plant-forward cooking and eating styles.
- Discuss the synergy between whole-food, plant-based nutrition and the integrity of the oral microbiome and oral cavity.
- Discuss the growing body of research supporting the benefits of plant-based dietary patterns for optimal oral and systemic health.

Video



[Click on image to view video online.](#)

Course Test Preview

To receive Continuing Education credit for this course, you must complete the online test. Please go to: www.dentalcare.com/en-us/professional-education/ce-courses/ce659/test

- 1. All of the following statements related to the 2020-2025 Dietary Guidelines for Americans are correct EXCEPT which one?**
 - A. There are 3 healthy dietary patterns: U.S. Style, Vegetarian and Mediterranean-Style.
 - B. Limit added foods and beverages that contain added gluten, salt and sugar.
 - C. Stay within calorie limits.
 - D. At least $\frac{3}{4}$ of your plate should be plant-based.
- 2. A plant-forward eating style includes only plant-based foods and reflects evidence-based principles of health.**
 - A. True
 - B. False
- 3. All of the following statements related to intrinsic sugars are correct EXCEPT which one?**
 - A. Naturally present and physically located in cellular structures of whole plant-based foods.
 - B. Contribute to caries and weight gain and should be limited in a healthy dietary pattern.
 - C. Are found in fruits, vegetables, grains and dairy.
 - D. Foods that contain intrinsic sugars have protective factors against caries.
- 4. All of the following statements related to extrinsic sugars are correct EXCEPT which one?**
 - A. There are over 50 synonyms for added sugars.
 - B. NHANES data shows that most of our added sugars are in the form of SSB, desserts, sweet snacks, sweetened coffee and tea and candy.
 - C. The Dietary Guidelines suggest that we reduce added sugar in the diet of young children by substituting non-nutritive sweeteners.
 - D. The Dietary Guidelines suggest that we can reduce our added sugar by reducing portions.
- 5. All of the following statements related to ascorbic acid are correct EXCEPT which one?**
 - A. Water soluble vitamin, must be consumed daily.
 - B. Supports synthesis of collagen which we need to support connective tissue for healthy gums and bones.
 - C. When taken as a supplement, has been shown to offer additional clinical benefit in terms of improving treatment outcomes for patients with periodontitis.
 - D. Has anti-inflammatory properties.
- 6. All of the following statements related to Vitamin D are correct EXCEPT which one?**
 - A. Vitamin D is a fat-soluble vitamin.
 - B. Vitamin D deficiency can lead to caries, gingival inflammation and periodontal disease.
 - C. Essential for mineralization of teeth and alveolar process, enhances calcium absorption in the intestine.
 - D. We should recommend a Vitamin D supplement to all of our patients, even if their current Vitamin D level is adequate.
- 7. Which of the following foods are good sources of prebiotics?**
 - A. Yogurt
 - B. Kombucha
 - C. Apple, oats, banana
 - D. Both A and B

- 8. All of the following statements related to probiotics are corrects EXCEPT which one?**
- A. A probiotic is a substrate that is selectively utilized by host microorganisms conferring a health benefit.
 - B. Consuming fermented dairy has been shown to be correlated with a decrease in elastase activity and MMP3 in gingival crevicular fluid.
 - C. Consuming fermented soy beverage has been shown to be correlated with beneficial changes in the oral microbiome.
 - D. Eating yogurt has been associated with decreased *S. mutans* and lactobacilli in saliva.
- 9. Plant-based, whole-food dietary patterns reduce risk for many inflammatory diseases, including cardiovascular disease, gingivitis and periodontitis.**
- A. True
 - B. False
- 10. All of the following statements related to research behind plant-based eating and periodontitis are true EXCEPT which one**
- A. A recent cross-sectional study found that probing depth and bleeding on probing were significantly lower in raw vegans.
 - B. A clinical study found that patients who were vegetarians for over 2 years had generalized periodontitis.
 - C. A small randomized controlled trial found that eating plant-based whole foods for 4 weeks showed a significant reduction in gingival bleeding.
 - D. A systematic review found that eating at least 5 servings of fruits and vegetables a day may help prevent progression of periodontal disease.

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Additional Resources

- No Additional Resources Available.

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Ellen Karlin is a nutrition consultant with vast personal and professional knowledge in nutrition, food allergy and dental health. She was a nutrition consultant to dental healthcare professionals in Owings Mills, Maryland and a nutrition consultant at the Comprehensive Asthma and Allergy Center for over 30 years. Ellen holds a Master of Medical Science degree in nutrition education from Emory University. She became a fellow of the American Dietetic Association in 1999. Ellen is a spokesperson for the American Dairy Association North East and a nationally recognized speaker. She has delivered numerous webinars and nutrition lectures at healthcare conferences. She was the co-author of “Dental and Oral Considerations in Pediatric Celiac Disease” published in J Dent Child, May 2016. Ellen has contributed to a variety of other resources, including “Trendy Diets and Oral Health” published in Access Journal, December 2019.

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