

Dental care can protect your child from obesity

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If parents try to limit children to love snacks, chocolates and sugary drinks, this can help children stay healthy and not gain weight.

New research has found a direct relationship between poor dental health and increased BMI (Body Mass Index) and increased body fat.



"Weight can be a sensitive issue, but if you're talking about eating behavior along with oral health, you're looking at this from another angle," Louise Arvidsson, a graduate student, PhD at the University of Gothenburg, Sweden said in a statement.

"The question is whether a healthy diet can be effective in young children. This has focused heavily on physical and mental health in children, but the diet drinking is also a remarkable aspect. "

Researchers examined the eating, fat and oral health behavior of 271 young children. The height, weight and amount of food the children load are closely observed for a day and then check the prevalence of carcinogenic microorganisms in the child's salivary glands.

The results showed that children with higher levels of tooth decay also had higher BMI and worse eating habits.

Children should be recommended to consume egg products, 400-500 grams of fruit and vegetables a day, 2-3 times a week and low sugar intake, saturated fat .

Arvidsson also mentioned that research in his dissertation conducted at Sahlgrenska Academy also showed that using good, adequate food, science also helped increase self-esteem, better relationships with friends. and less negative emotional problems.

Moreover, parents try to change their child's regimen by asking children to eat less often to see serious health consequences associated with overweight in later life.

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