

STUDY REGARDING FRUIT AND VEGETABLE DIET AND ITS INFLUENCE UPON ORAL HEALTH

**Mihaela-Păpușa VASILIU¹, Daniela-Ivona TOMIȚA¹,
Liliana SACHELARIE¹, Diana POPOVICI²**

e-mail: mihapapy@yahoo.com

Abstract

Poor and unbalanced diet influences oro-dental health, but in the same time, some disorders of the stomatognathic system (edentation) may produce nourishment changes. Eating disorders may have consequences, sometimes irreversible ones, upon some systems (digestive, immune, cardiac, etc.) and can manifest deficiencies in key moments of human development. In our study, conducted on 35 patients, aged 55-85 years, using a questionnaire food, we watched the frequency of fruit and vegetable consumption. The results highlighted the poor consumption, more obvious in case of the elder persons, the consequences being reflected throughout the body. Nutritional status of patients is sometimes influenced by exogenous factors (educational level, income) so that in case of elder patients may occur malnutrition, that may affect functional capacity of the stomatognathic system.

Key words: nutrition, fruits, vegetables, elderly
