

## Nutrition, Oral Health and Oral Diseases in Children

Guest Editor



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### *Message from the Guest Editor*

The World Health Organization (WHO) Sugar Guidelines for Dental Health and Obesity Prevention, highlight how an excessive intake of free sugars in total energy intake can not only increase the likelihood of overweight and obesity, but also impair oral health and increase the cariogenic risk. An unbalanced diet, the lack of a correct intake of macro- and micronutrients, and the intake of high amounts of free sugars in the diet could alter the oral microbiota and saliva and expose the growing patient to oral diseases such as alterations in dental development, anomalies of enamel structure, alteration of eruption times, periodontal disease, and dental caries.

Correct nutrition is crucial for the oral health of the child during infancy, childhood, and adolescence. The mother's nutrition during pregnancy and breastfeeding can also influence the oral health of the newborn and child. In fact, a diet rich in sugars and incorrect habits during infancy can increase the risk of onset of Early Childhood Caries (ECC), with impairments of the stomatognathic system, auxological and psychological disorders. These eating habits in infancy may be the premise in the same adolescent subject for a protracted incorrect diet characterized by intake of high sugar-rich foods and drinks with high cariogenic power both during main meals and in between meals.

This Research Topic aims to be an opportunity for interdisciplinary study (Pediatrics, Pediatric Dentistry, Preventive Medicine, General Clinical Management) on eating behaviors and habits, lifestyles, nutritional status in relation to oral health and oral diseases in children.

**Keywords:** *Pediatric dentistry; Oral health*

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