

Nutrition & Maternal Oral Health

Food high in simple (refined) carbohydrates or unhealthy (saturated) fats can lead to harmful responses in the body.

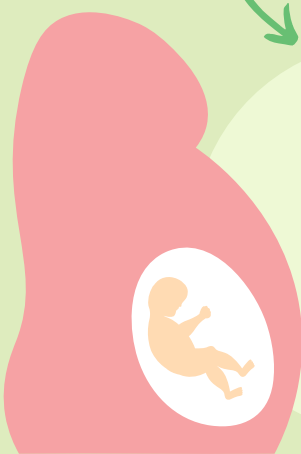


It increases tissue stress and it affects the health of bone and tissues in the mouth.

This leads to gum disease, and increases the harmful bacteria in the mouth.



Harmful bacteria are found in higher levels with gum disease, and this sometimes leads to preterm birth.



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