**A diet low in important nutrients can make it harder for the body to fight off infection. Because periodontal disease is an infection, a well-balanced diet benefits your oral health.**

In addition to calcium, research has shown that getting enough vitamin C may put you at increased risk for periodontal disease because it washes away food and neutralizes plaque. If you have dry mouth, your dentist or periodontist can recommend various methods to restore moisture, including sugarless gum, oral rinses or artificial saliva products.

**Foods that are sticky, such as raisins, fruit rolls and candy, can cling to the teeth and promote tooth decay. Brush and floss after eating sticky foods.**

**Good nutrition plays an important role in protecting the oral health of diabetics. Research shows increased serum triglyceride levels in uncontrolled diabetics seems to be related to greater attachment loss and probing depths, measures of periodontal disease. Reducing cholesterol and serum triglyceride levels, preferably through diet and exercise, may be the most important change that diabetics can make to improve their quality of life, as well as their oral health.**

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