Fattening of America—What Does DENTISTRY have to do with it?

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CALCULATE YOUR BMI

➢ Multiply your weight in pounds by 703.
➢ Multiply your height in inches by itself.
➢ Divide the first number by the second number.
➢ Round to the nearest whole number.


WAIST CIRCUMFERENCE A BETTER JUDGE OF “FATNESS”

• Waist Circumference > or = 40 (Men)
• Waist Circumference > or = 35 (Women)

OVERWEIGHT AND OBESITY: A CHALLENGING EATING DISORDER

Guidelines for Providing Oral Health Care: What’s Your Role?

➢ Comprehensive review of the medical history to determine if client has other systemic diseases that coexist with increased weight which may present risk factors for treatment.

➢ Information regarding medications, supplements or herbal products used for weight management should be noted in the dental chart.

➢ Even though a patient is overweight, they may still be malnourished and present with signs of vitamin and mineral deficiencies.

➢ During oral exam, be aware of changes that suggest deficiency, in including glossitis, stomatitis, ulceration, and angular cheilitis. IF any of these signs are present, offer palliative oral health care tips.

➢ Referral to a registered dietitian and physician is necessary for further evaluation and treatment of the etiology.

➢ Dental professionals may also collaborate with a registered dietitian to offer support through nutrition counseling and weight management and to reinforce the effects of healthy eating on oral health.

➢ Caries risk management: assess diet to determine intake of carbohydrates—diets high in carbohydrates are associated with overweight and obesity.

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• Provide information about the relationship between diet and caries formation, educate about caries control.

• Meticulous oral hygiene and daily fluoride may be indicated depending on caries status.

• Practically speaking, some patients who are obese may have difficulty breathing when required to lay supine for extended periods of time. Placing the patient in a more upright position may make the individual more comfortable.

• Stress the need for regular physical activity—but always remind them to visit with a physician prior to beginning a new exercise program.

2015 Dietary Guidelines

Updated Guidelines continue to encourage healthy eating patterns involving a variety of vegetables, whole fruits, whole grains, low-fat dairy, and a variety of lean proteins, all while limiting intake of saturated and trans-fats.

NEW ADDITIONS:

✓ Less than 10% of total daily calories should be consumed from added sugars.
  • Eating more whole fruits, vegetables, and whole grains can help reduce the amount of added sugars in your diet.

✓ Other major change involves protein in males. The guidelines say males are consuming too much protein and should “reduce their overall intake of protein foods”.

✓ Other key recommendations include consuming less than 2,300 milligrams of sodium per day.

✓ If alcohol is consumed, it should be done so in moderation (one drink per day for women and up to two drinks per day for men).

✓ It is recommended that adults need 150 minutes of moderate intensity physical activity along with muscle strengthening activities 2 or more days per week.


Choose My Plate: http://www.choosemyplate.gov

American Heart Association Diet and Lifestyle Recommendations:

❤ Use up at least as many calories as you take in.

❤ Eat a variety of nutritious foods from all food groups

❤ Eat less of nutrient poor foods

❤ Choose lean meats and poultry without skin

❤ Eat fish, especially oily fish, at least twice a week.

❤ Select fat-free, 1 percent fat and low-fat dairy products.

❤ Cut back on foods containing partially hydrogenated vegetable oils; avoid trans fats
Limit intake of saturated fat (\(\leq 5-6\%\)), trans fat (<1\%) and cholesterol (<300 mg day).

Cut back on beverages and foods high in calories, low in nutrition with added sugar.

Choose and prepare foods with little or no salt.

If you consume alcohol, do so in moderation.

Monitor portion sizes when eating out

Don’t smoke—avoid secondhand smoke

For more information: [http://www.americanheart.org](http://www.americanheart.org)

**What’s YOUR Nutrition IQ?**

**How do we get fat??**

1. Drink anything but water
2. Don’t walk
3. Genetics
4. Grow older
5. Eat junk food
6. Eat more calories
7. Eat out regularly
8. Excessive alcohol
9. Never read food labels
10. No exercise
11. Get pregnant
12. Stress

**Obesity Blame Game:**

1. Food and Drink Industry
2. Advertisement
3. Family
4. Schools

**Foods and Beverages: Sugarfree or Sugarful—better or worse?**

<table>
<thead>
<tr>
<th>Sugars Content of Carbonated Non-Diet Soft Drinks</th>
<th>Sugars*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Minute Maid Orange Soda (Coca-Cola Co.)</td>
<td>48</td>
</tr>
<tr>
<td>Mountain Dew (PepsiCo)</td>
<td>46</td>
</tr>
<tr>
<td>Pepsi</td>
<td>41</td>
</tr>
<tr>
<td>Dr Pepper (Cadbury Schweppes)</td>
<td>40</td>
</tr>
<tr>
<td>Coca-Cola Classic</td>
<td>39</td>
</tr>
<tr>
<td>7Up (Cadbury Schweppes)</td>
<td>39</td>
</tr>
<tr>
<td>Sprite (Coca-Cola Co.)</td>
<td>38</td>
</tr>
</tbody>
</table>

*Grams per 12 fl. oz (360 mL) (10 teaspoons of sugar per 40 grams)
4 grams = 1 tsp sugar
**BONE UP on your Calcium:**

Any dietary source of calcium will count toward daily intake, but low-fat milk is clearly the most efficient and readily available. Lactose-free milk, soy and rice drinks have recently become more easily obtainable and less expensive.

In addition to milk, there are a variety of foods that contain calcium and can help your patients get sufficient levels of calcium in their daily diet. Some examples include:

### Sources of calcium in food

<table>
<thead>
<tr>
<th>Food group</th>
<th>Examples:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dairy foods</td>
<td>Milk, yogurt, cheese</td>
</tr>
<tr>
<td>Leafy green vegetables</td>
<td>Broccoli, kale, spinach, turnip greens, collard greens</td>
</tr>
<tr>
<td>Fruits</td>
<td>8oz Calcium fortified orange juice and grapefruit juice</td>
</tr>
<tr>
<td>Beans and peas</td>
<td>2.8 oz Tofu 300 mg, black beans, baked beans, white beans, great northern (1/2 cup) 60-100 mg</td>
</tr>
<tr>
<td>Fish</td>
<td>Canned salmon, or sardines with bones 100-350mg</td>
</tr>
<tr>
<td>Grains</td>
<td>Total cereal (1/2 cup) 500 mg, Quaker instant oatmeal for Women 1pkt 500mg</td>
</tr>
<tr>
<td>Miscellaneous</td>
<td>Sesame seeds, blackstrap molasses, corn tortillas, ¼ cup almonds (100 mg), brown sugar, bok choy, brussel sprouts, rhubarb</td>
</tr>
</tbody>
</table>

**NOTES:**
# Foods Over Time: Same Names, Different Sizes

**WAISTLINES HAVE EXPANDED AND SO HAVE SERVING SIZES.**

<table>
<thead>
<tr>
<th>Food Item</th>
<th>20 Years Ago</th>
<th>Today!</th>
<th>How much bigger is it?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blueberry Muffin</td>
<td>1.5 oz, 210 CALORIES</td>
<td>5 oz, 500 CALORIES</td>
<td>Over 3 TIMES LARGER!</td>
</tr>
<tr>
<td>French Fries</td>
<td>2.4 oz, 210 CALORIES</td>
<td>6.9 oz, 610 CALORIES</td>
<td>Almost 3 TIMES AS LARGE!</td>
</tr>
<tr>
<td>Soda</td>
<td>6.5 oz, 85 CALORIES</td>
<td>20 oz, 250 CALORIES</td>
<td>3 TIMES AS LARGE!</td>
</tr>
<tr>
<td>Chicken Caesar Salad</td>
<td>1 ½ cups, 390 CALORIES</td>
<td>3 ½ cups, 790 CALORIES</td>
<td>Twice as large!</td>
</tr>
<tr>
<td>Chocolate Chip Cookie</td>
<td>1.5 inch diameter, 55 CALORIES</td>
<td>3.5 inch diameter, 275 CALORIES</td>
<td>Two times as large!</td>
</tr>
<tr>
<td>Movie Popcorn</td>
<td>5 cups, 270 CALORIES</td>
<td>11 cups, 630 CALORIES</td>
<td>More than double!</td>
</tr>
</tbody>
</table>


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**What counts as a serving?**

**Bread, cereal, rice and pasta**

1 slice of bread | 1 ounce of ready-to-eat cereal | 1/2 cup cooked cereal, rice, pasta

**Vegetable**

1 cup of raw leafy vegetables | 1/2 cup of other vegetables, cooked or chopped raw | 3/4 cup vegetable juice

**Fruit**

1 medium apple, banana, orange | 1/2 cup of chopped, cooked, or canned fruit | 3/4 cup fruit juice

**Milk, yogurt and cheese**

1 cup of milk or yogurt | 1.5 ounces of natural cheese | 2 oz processed cheese
| 1/3 cup shredded cheese |

**Meat, poultry, fish, dry beans, eggs and nuts**

2-3 ounces of cooked lean meat, poultry or fish. | 1/2 cup of cooked dry beans | 1 egg
| 1 egg |
| 2 tablespoons of peanut butter |
| 1/3 cup of nuts |

Refer to [http://www.choosemyplate.gov](http://www.choosemyplate.gov) for further information on serving sizes for each food group.

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Visualize correct serving sizes. Consider this:

- 1 serving of fruit or vegetable = a tennis ball
- 1 serving of pasta, rice, cereal or 1 bagel = a hockey puck
- 1 serving of meat or chicken = palm of hand, a bar of soap, deck of cards
- 1 serving of fish = a checkbook
- 1 serving of cheese (1 oz) = four dice

***Remember bigger isn’t always better! Bigger sizes = Bigger waistlines!

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## Know Your Labels

**Product:**

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Serving Size</strong></td>
</tr>
<tr>
<td><strong>Servings Per Container</strong></td>
</tr>
<tr>
<td><strong>Amount Per Serving</strong></td>
</tr>
<tr>
<td>Calories</td>
</tr>
<tr>
<td>Calories from Fat</td>
</tr>
<tr>
<td>% Daily Value</td>
</tr>
<tr>
<td>Total Fat</td>
</tr>
<tr>
<td>Saturated Fat</td>
</tr>
<tr>
<td>Cholesterol</td>
</tr>
<tr>
<td>Sodium</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
</tr>
<tr>
<td>Dietary Fiber</td>
</tr>
<tr>
<td>Sugars</td>
</tr>
<tr>
<td>Protein</td>
</tr>
<tr>
<td>Vitamin A</td>
</tr>
<tr>
<td>Vitamin C</td>
</tr>
<tr>
<td>Calcium</td>
</tr>
<tr>
<td>Iron</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories per gram:
- Fat: 9
- Carbohydrates: 4
- Protein: 4

**Check for:**

- Serving size
- Number of servings
- Calories
- Total fat in grams
- Saturated fat in grams
- Cholesterol in milligrams
- Sodium in milligrams

Here, the label gives the amounts for the different nutrients in one serving. Use it to help you keep track of how many calories, fat, saturated fat, cholesterol, and sodium you are getting from different foods.

The “% Daily Value” shows you how much of the recommended amounts the food provides in one serving, if you eat 2,000 calories a day. For example, one serving of this food gives you 18 percent of your total fat recommendation.

Here you can see the recommended daily amount for each nutrient for two calorie levels. If you eat a 2,000 calorie diet, you should be eating less than 65 grams of fat and less than 20 grams of saturated fat. If you eat 2,500 calories a day, you should eat less than 80 grams of fat and 25 grams of saturated fat. Your daily amounts may vary higher or lower, depending on the calories you eat.

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Tips on decoding nutritional information:

- 5 percent or less of 'Daily Value' on a nutritional label means a food is relatively low in a nutrient, while 20 percent or higher means a food is relatively high.

- Total calories are more significant for weight control than fat calories or carbohydrate calories.

- Remember to check the portion size on the label since nutritional values are based on that rather than package size.

- Keep in mind how the individual foods fit into your total diet. A good rule of thumb is to fill no more than a third of your plate with meat, poultry or fish, and fill two-thirds of your plate with vegetables, fruits, whole grains and beans.
### Should I Worry about the Fat, the Calories OR BOTH?

<table>
<thead>
<tr>
<th>Fat-Free or Reduced-Fat</th>
<th>Calories</th>
<th>Regular</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reduced-fat peanut butter, 2 T</td>
<td>187</td>
<td>Regular peanut butter, 2 T</td>
<td>191</td>
</tr>
<tr>
<td>Reduced fat chocolate chip cookies, 3 cookies (30 g)</td>
<td>118</td>
<td>Regular chocolate chip cookies, 3 cookies (30 g)</td>
<td>142</td>
</tr>
<tr>
<td>Fat free fig cookies, 2 cookies (30 g)</td>
<td>102</td>
<td>Regular fig cookies, 2 cookies (30 g)</td>
<td>111</td>
</tr>
<tr>
<td>Nonfat vanilla frozen yogurt (&lt;1% fat) 1/2 cup</td>
<td>100</td>
<td>Regular whole milk vanilla frozen yogurt (3-4% fat) 1/2 cup</td>
<td>104</td>
</tr>
<tr>
<td>Light vanilla ice cream, (7%) fat, 1/2 cup</td>
<td>111</td>
<td>Regular vanilla ice cream, (11%) fat, 1/2 cup</td>
<td>133</td>
</tr>
<tr>
<td>Fat free caramel Topping, 2 T</td>
<td>103</td>
<td>Caramel topping, homemade with butter, 2 T</td>
<td>103</td>
</tr>
<tr>
<td>Lowfat granola cereal, approx. 1/2 cup (55 g)</td>
<td>213</td>
<td>Regular granola cereal, approx. 1/2 cup (55 g)</td>
<td>257</td>
</tr>
<tr>
<td>Lowfat blueberry muffin, 1 small (2 1/2 inch)</td>
<td>131</td>
<td>Regular blueberry muffin, 1 small (2 1/2 inch)</td>
<td>138</td>
</tr>
<tr>
<td>Baked tortilla chips, 1 oz.</td>
<td>113</td>
<td>Regular tortilla chips, 1 oz.</td>
<td>143</td>
</tr>
<tr>
<td>Lowfat cereal bar, 1 bar (1.3 oz.)</td>
<td>130</td>
<td>Regular cereal bar, 1 bar (1.3 oz.)</td>
<td>140</td>
</tr>
</tbody>
</table>

### Fad Diets and Oral Health

- High Protein Diets
- 1-2 Meals Day
- High CH0, low fiber
- Caffeine rich beverage diets
- Avoiding Food Groups

### Bariatric Surgery Patients: What’s OUR Role?

- Re-mineralization protocols
- Dental sealants placed for teeth at risk of decay or incipient lesions.
- Monitor salivary pH
- Educate patients on effective plaque removal and use topical fluorides (OTC or prescription)
- In office application of sensitivity gel or fluoride gel
- Salivary substitutes
- Xylitol for caries prevention—may be contraindicated for GERD pts. (post surgery side effect)

NOTES:

DON’T DIET—LIVE IT!

- Add some color
- Get Physical
- Balance and Moderation