

# Milk and Dental Health



Cross-sectional data suggests milk may offer protection against the development of dental caries (tooth decay) and support dental health in children

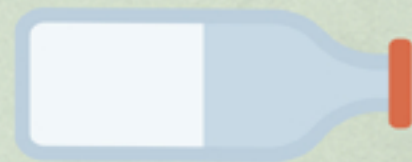
## Milk reduces incidence of dental caries



In the three cross-sectional studies concerning children (5-11 years), all report an inverse association between milk (and dairy) intake and the incidence of tooth decay.

The nutrients calcium, phosphate and casein in milk may all play a role in milk's effect on dental health.

To reduce the occurrence of tooth decay, it is recommended children limit their consumption of sugary beverages (especially when not consumed with a meal), and increase consumption of milk.



## Key Scientific Papers

Llena & Forner (2008) *Caries Res.* 42: 387-393.

Levine et al. (2007) *Comm Dent Health.* 24: 82-87.

Petti et al. (1997) *Eur J Epidemiol.* 13: 659-664.

Petridou et al. (1996) *Comm Dent Oral Epidemiol.* 24: 307-311.

\* The present infographic is based on evidence from three available studies in 5-11-year-old children. All three cross-sectional studies report that the consumption of milk is associated with reduced risk of dental caries. Nonetheless, all of the abovementioned studies have been of a cross-sectional nature. Therefore, a causal relationship between milk and dental health cannot be concluded. More research is certainly needed.