EATING WELL FOR A HEALTHY MOUTH

When discussing nutrition with an older patient:

	Recommend crunchy, fibrous foods that can help clean teeth surfaces
	Encourage drinking water over sugary or acidic drinks
	Ask about chewing ability and consider its impact on food preference
	Loop in provider after identifying risk factors for malnutrition

When to discuss nutrition with older adults:

- During routine prevention counseling
- After patient or caregiver-reported changes in weight or food intake
- When treatment planning for patient with extensive tooth loss, dry mouth, or other oral conditions limiting food choices



Nutrition and oral health are connected: a change in one is worth a look at the other!