

Better teeth better health (v17-v18)

17. Importance of Diet on Oral Health for Older People

飲食對長者口腔健康的重要性

Good nutrition is essential to the health and comfort of oral tissues.

營養充足是令口腔組織健康與舒適的重要因素。

In older people with loose teeth, ill-fitting dentures or tooth loss, it is important to maintain or restore their masticatory function.

對於有鬆脫牙齒、假牙裝戴不良或掉牙等問題的長者，維持或恢復他們的咀嚼功能很重要。

Poor oral health can be an unfavourable factor to nutritional status and health.

口腔健康欠佳可能成為營養及健康問題的不利因素。

Majority of older people suffer bone loss and disease in the tissues around the teeth.

大部分長者受到骨質流失和牙齒周邊組織的疾病問題困擾。

Loose teeth or dentures status may contribute to dietary changes to soft; easily chewing food, which are often high in fermentable carbohydrates.

鬆動的牙齒或假牙狀態有可能改變飲食習慣，選擇較軟而易於咀嚼的食品，這通常含有高發酵的碳水化合物。

This may predispose to the development of root caries lesions, as tooth decay is caused by acid-producing bacteria that are activated by carbohydrates.

這可能引發牙根齲問題，因為蛀牙是由碳水化合物啟動而產生酸性的細菌引起的。

On the other hand, taste buds decrease in number and size, affecting in particular sense of taste for sweetness and saltiness.


另一方面，隨著味蕾的數量和大小均下降，影響了對甜度和鹹度的感官。

Missing dentition and ill-fitting dentures cause difficulty not only in chewing, but also perception of taste of foods.

牙齒缺失和假牙佩戴不當不只引起咀嚼困難，也改變對食物味道的感知。

As a consequence, it affect both the quality and quantity of food consumed that contributes to overall suboptimal nutritional status.

結果會影響進食量和質素，導致整體營養狀況不理想。

	File	Handout - Better teeth better health (v17-v18)
	Copyright	© 2020 Jockey Club CADENZA e-Tools for Elder Care. All Rights Reserved.
	Page	1

18. Good nutrition is important for older people

良好的營養對長者非常重要

The followings tips are important to maintain good nutrition.

以下提示對於保持良好的營養非常重要。

1. Cut down sugar intake

減少糖分攝取

Tooth decay is directly related to the frequency of sugar intake.

蛀牙的成因與糖分攝取的頻密度有直接的關係。

The bacteria in the mouth use carbohydrates for food.

口腔中的細菌以碳水化合物為食物。

So when sugar and other sources of simple carbohydrates which are easily fermentable are cut back, cavity risk can be reduced.

因此當糖和其他容易發酵的簡單碳水化合物來源被削減時, 蛀牙的風險可以降低。

2. Reducing frequency of food and drink intake

減少飲食次數

Frequent snacking will result in persistent acidic environment in the mouth, and insufficient time for saliva to neutralize the acid.

經常吃零食會令口腔維持在酸性的環境, 令唾液沒有足夠的時間中和酸性。

The minerals on the tooth surface will continuously be losing and eventually cause dental caries.

牙齒表面的礦物質會持續流失, 最終引致蛀牙。

3. Fluoridated water is the best beverage for maintaining oral health

加氟食水是維持口腔健康的最佳飲料

It is because fluoride helps to make teeth more resistant to the acid attacks.


因為氟化物幫助牙齒對抗酸性攻擊。

4. Milk and dairy products such as cheese, yoghurt with low sugar content contains protein and calcium which can reduce acid that causes tooth decay.

牛奶及乳製品如芝士、低糖乳酪, 含有蛋白質和鈣質, 可以抑制引起蛀牙的酸性產生。

It can strengthen teeth as well.

也可以強化牙齒。

	File	Handout - Better teeth better health (v17-v18)
	Copyright	© 2020 Jockey Club CADENZA e-Tools for Elder Care. All Rights Reserved.
	Page	2

For older people who cannot tolerate milk, they can consume other calcium-rich foods such as fortified soy milk, soybeans, tofu, dark green leafy vegetables, or canned sardines. 若長者不接受奶類，可以食用其他高鈣食物如加鈣豆漿、大豆、豆腐、深綠色多葉蔬菜，或罐頭沙甸魚。

5. Phosphorus-rich foods such as meat, poultry, fish, milk and eggs contain valuable protein and help strengthening teeth. 高磷食物如肉類、家禽、魚類、奶和蛋等，含有寶貴的蛋白質，幫助強化牙齒。

Lean meat, skinless poultry, fish, or dried beans are lower in saturated fat and therefore are healthier choices. 瘦肉、無皮家禽、魚或乾豆含有較少的飽和脂肪，因此也是較健康的選擇。

Meat can be chopped up into small pieces for easy chewing. 可以把肉類切成小片，易於咀嚼。

6. Fruits and vegetables are important part of any balanced diet, which are also good for teeth. 任何均衡飲食都少不了蔬果，而且對牙齒也有益。

They are high in water and fiber that help to balance the sugars and clean teeth as well. 它們有大量水分和纖維，有助平衡糖分和清潔牙齒。

Bright colors vegetables and fruits such as spinach, carrot, tomato, and papaya, are often richer in vitamins and minerals. 蔬果如菠菜、紅蘿蔔、蕃茄、木瓜等，含有豐富的維他命和礦物質。


Vegetables can be minced into small pieces for the senior with chewing problems. 可以把蔬菜切碎，方便有咀嚼問題的長者。

However, vegetables should not be overcooked as to minimize nutrient loss. 顏色鮮艷的不過不應把蔬菜煮得過熟，以免營養流失。

7. Nuts contain protein and minerals which is important for overall health. 堅果含有蛋白質和礦物質，對整體健康有益。


Nuts that are low in carbohydrates will be a better choice. 尤其低碳水化合物的堅果更佳。

Added benefit of eating nuts is that chewing nuts stimulates saliva production, which can reduce risk of tooth decay. 食用堅果的另一好處，是透過咀嚼可以刺激唾液分泌，減少蛀牙機會。

	File	Handout - Better teeth better health (v17-v18)
	Copyright	© 2020 Jockey Club CADENZA e-Tools for Elder Care. All Rights Reserved.
	Page	3

Therefore, it is necessary for carers to remember the practical tips to maintain oral health of the older person, which can support their good nutrition status.

因此，照顧者應該緊記這些協助長者口腔護理的實用建議，以助他們保持良好的營養。

 Jockey Club CADENZA e-Tools for Elder Care 賽馬會逾金頌護老有e道	File	Handout - Better teeth better health (v17-v18)
	Copyright	© 2020 Jockey Club CADENZA e-Tools for Elder Care. All Rights Reserved.
	Page	4