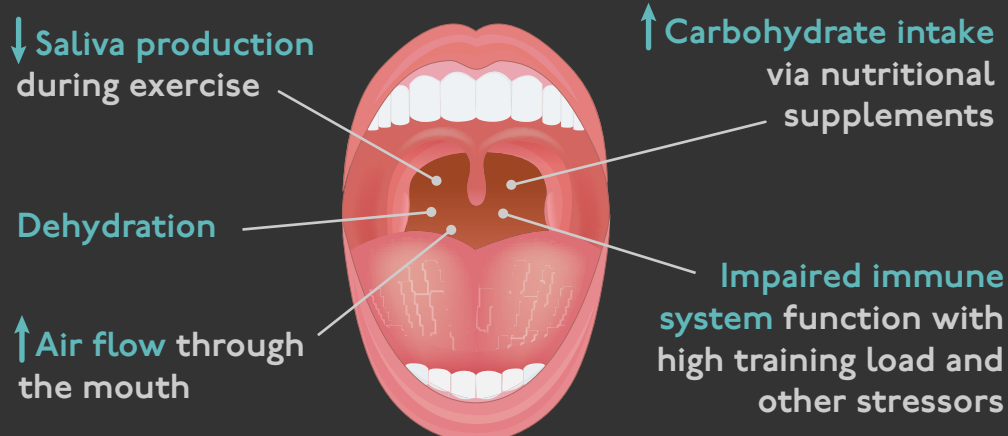


NUTRITION AND ORAL HEALTH IN SPORT

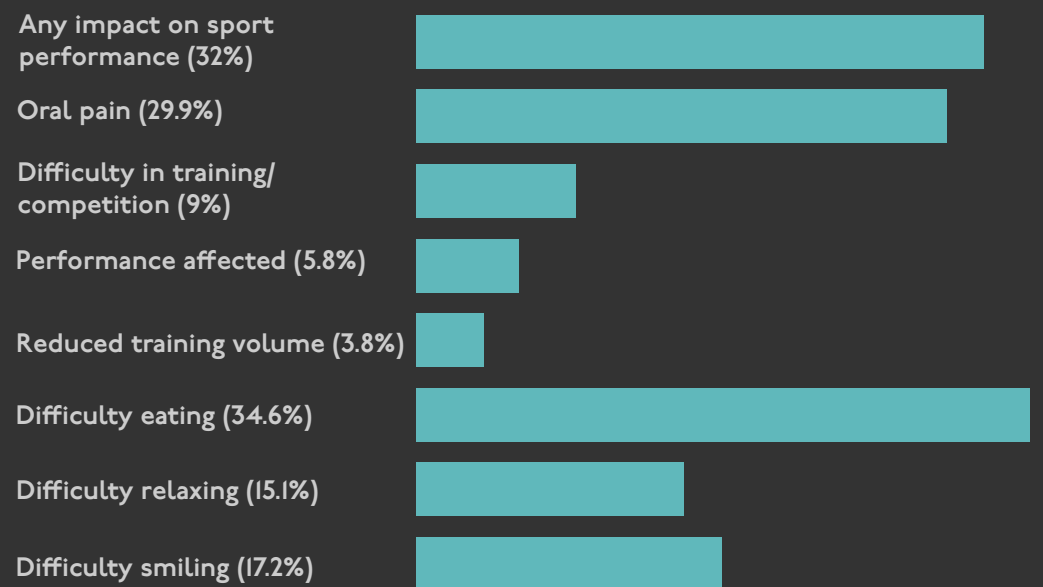
TIME FOR ACTION

What is the Problem?

Athletes are at increased risk of poor oral health due to:



Oral Health of Elite Olympic & Professional Athletes*



Seven Key Recommendations for Action



*Gallagher J. et al. Oral health and performance impacts in elite and professional athletes. Community Dent Oral Epidemiol. 2018;1-6.
Needleman I. et al. Nutrition and oral health in sport: time for action. Br J Sports Med (2018)