

**Life Saving PPE: Diet, Exercise and Self Care**

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**What does HEALTHY practice mean to YOU?**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

**How do we get health problems?**

- Ignore our bones
- SUPERsize
- Believe we are exercising enough
- Assume its too late

**Healthy Essential #1: \_\_\_\_\_**

**NOTES:**

**QUESTION:** How much WEEKLY physical aerobic activity should adults (age 18 and over) do for substantial health benefits?

- A. 30 minutes, 5 times a week of moderate-intensity activity
- B. 25 minutes, 3 times a week of vigorous-intensity activity
- C. 40 minutes, 2 times a week of moderate to vigorous-intensity activity
- D. A, B OR C

Websites:

<https://www.heart.org/en/healthy-living/fitness>

# FAT BURNING Evening Workout

#LosingWeightForAll



50 Jumping Jacks



30 Squats



20 High Knees



25 Lunges Each Leg



March Or Jog On  
The Spot (1 minute)



Wall Sit  
(1 minute)



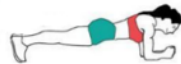
5 Seated Dips



20 Push Ups



50 Crunches



Plank (1 minute)

**Rest then repeat 1 more time**

## 7 tips for Mindful Eating:

- ✓ Take smaller bites and chew well
- ✓ Sit at the table
- ✓ Put the fork down between bites
- ✓ Don't eat from the packet
- ✓ If you feel full, save it for later
- ✓ Remove distractions
- ✓ Pay attention to the smell, taste and texture

## Fuel your body properly – Choose *Nutrient Dense* vs. *Calorie Dense*

### EXAMPLES of Nutrient Dense:

- 1.
- 2.
- 3.
- 4.
- 5

### EXAMPLES of Calorie Dense:

- 1.
- 2.
- 3.
- 4.
- 5

## Sugar, Sugar – what's the problem?

- Moderation is fine
- Excess can lead to metabolic problems
- Fructose goes straight to the liver – turns into droplets of fat known as triglycerides
- Increase in triglycerides leads to reduced HDL= risk of heart disease
- CDC found that adults who got more than 15% of daily kcals from added sugar had higher risk of heart disease
- 15% equates to 300 kcals or 18 tsp added sugar for average adult

NOTES:

## EATING CLEAN:

- *Dirty Dozen*

- |    |     |
|----|-----|
| 1. | 7.  |
| 2. | 8.  |
| 3. | 9.  |
| 4. | 10. |
| 5. | 11. |
| 6. | 12. |

- *Clean Fifteen*

- |    |     |
|----|-----|
| 1. | 9.  |
| 2. | 10. |
| 3. | 11. |
| 4. | 12. |
| 5. | 13. |
| 6. | 14. |
| 7. | 15. |
| 8. |     |

<https://www.producebluebook.com/2024/03/20/ewg-releases-2024-shoppers-guide-to-pesticides-in-produce-the-dirty-dozen/>  
<https://www.ewg.org/foodnews/clean-fifteen.php>

**NOTES:**

### EAT LESS: Pro-Inflammatory Foods

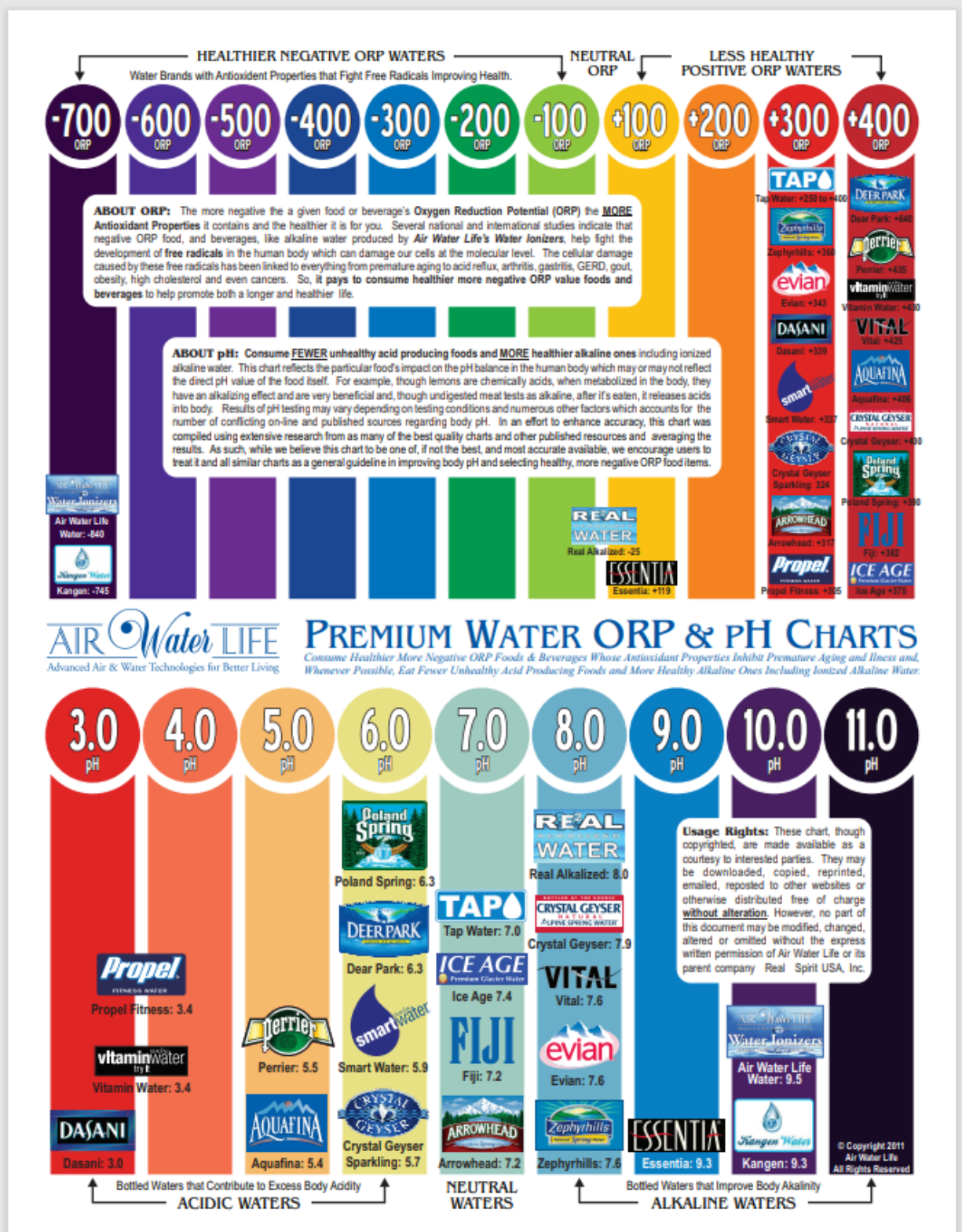
- ✓ Sugar sweetened drinks
- ✓ Refined grains
- ✓ Sweets and desserts (cookies, ice cream, cake)
- ✓ Processed meats
- ✓ Saturated fats (in fatty red meats, butter)
- ✓ Nutrient poor, calorie rich ultra processed foods
- ✓ Calories in excess of energy needs

### EAT MORE: Anti-Inflammatory Foods

- ✓ Colorful fruits and veggies
- ✓ Beans
- ✓ High fiber, whole grains
- ✓ Herbs and spices (garlic, ginger, turmeric, saffron, onion)
- ✓ Healthy fats, such as olive oil, vegetable oils, fatty fish, nuts, seeds, avocados
- ✓ Healthful, unsweetened beverages (low-fat milk, green/black tea)

NOTES:

# HYDRATE, HYDRATE:



Accessible From: <https://www.airwaterlife.com/wp-content/uploads/2013/14/AirWaterLifeBottledWaterORP-pH-ComparisonChart.pdf>

## Hit the Snooze:

Age Group	Recommended Hours of Sleep
Teenagers (14-17)	8-10
Younger adults (18-25)	7-9
Adults (26-64)	7-9
Older adults (65+)	7-8

How much sleep do YOU want? <https://www.sleepfoundation.org/bedtimecalculator>

## Periodontal Health and Diet:

### Lack of Nutrients from Fruits/Vegetables: Oral Concerns

<b>Vitamin C</b>	<ul style="list-style-type: none"> <li>• Important for collagen, dentin, cementum, skeletal and alveolar bones</li> <li>• Inhibition of formation of fibroblasts, osteoblasts and odontoblasts</li> <li>• Irregular formation or absence of dentin</li> <li>• Important for wound healing</li> <li>• Gingivitis</li> <li>• Involved in calcium and iron absorption</li> </ul>
<b>Folate</b>	Glossitis, chronic periodontitis, candida infection, cleft lip and cleft palate
<b>Vitamin A</b>	Enamel hypoplasia and loss of lamina; defective dentin formation. Important for epithelium, mucous membranes and salivary gland cells

### Lack of Nutrients from Whole Grains: Oral Concerns

<b>Riboflavin, Vitamin B6 and Thiamin</b>	Angular cheilosis, glossitis
<b>Niacin</b>	Disappearance of filiform and fungiform papilla, Glossopyrosis
<b>Folate</b>	Glossitis, chronic periodontitis, candida infection, cleft lip and cleft palate
<b>Iron</b>	Anemia, Pallor of lips and oral mucosa, angular cheilosis, glossitis, atrophy of filiform papilla, burning tongue, candidiasis
<b>Magnesium</b>	Reduced formation of alveolar bone, hypoplasia of enamel, widening of periodontal ligament space and gingival hyperplasia

## Lack of Nutrients from Protein: Oral Concerns

<b>Vitamin E</b>	Loss of resistance to inflammation in peridontium
<b>Vitamin B 12</b>	Pernicious anemia
<b>Zinc</b>	Abnormal taste and smell; increased susceptibility to periodontal disease; flattened filiform papilla; congenital defect cleft lip and palate
<b>Magnesium</b>	Reduced formation of alveolar bone, hypoplasia of enamel, widening of periodontal ligament space and gingival hyperplasia
<b>Protein</b>	Collagen is protein involved in dentin, cementum, maxilla, mandible and periodontal ligament formation. Impaired inflammatory response of the host; compromised neutrophil function which increases susceptibility to pathogens

## Lack of Nutrients from Dairy: Oral Concerns

<b>Calcium</b>	Tooth exfoliation due to osteoporosis in alveolar bone
<b>Vitamin D</b>	Enamel hypoplasia and loss of lamina dura

## References/Resources:

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Alqaderi H, Goodson JM, Agaku I. Association between sleep and severe periodontitis in a nationally representative adult US population. *J Periodontol*. 2020 Jun;91(6):767-774.

World Health Organization. Guideline: sugars intake for adults and children. <https://www.who.int/publications/i/item/9789241549028>



2020-2025 Dietary Guidelines for Americans <https://www.dietaryguidelines.gov/>

What's on YOUR Plate <https://www.myplate.gov/>

Find a dietitian at American Academy of Nutrition and Dietetic <http://eatright.org>

Understand nutrition facts labels <https://www.fda.gov/food/new-nutrition-facts-label/how-understand-and-use-nutrition-facts-label>

Track eating habits:



**Visit online bookstores:**

- ✓ Academy of Nutrition and Dietetics <https://www.eatrightstore.org/>
- ✓ American Cancer Society <http://cancer.org>
- ✓ American Heart Association <https://www.shopheart.org/cooking>

**NOTES:**