Abstract: Introduction: Nutrition plays an important role in the development of teeth, gums and oral health, bone strength, is to prevent oral diseases. Nutrition plays in the two-time Most Tasyrrabrrshd and mineralization of teeth, when teeth are forming in the tooth eruption in the mouth. The following factors will be affected by decay creation carbohydrate materials: the nutrient-nutrient specifies the duration of tooth contact. Same time affects the acidity of the oral environment. Fluids are usually cleared rapidly from the oral environment and have less attachment to the tooth. Solid food after chewing, the teeth (especially teeth) are placed and easy to clean and no longer remain in the mouth, thus creating more properties caries. Consistency of food: food that greater adhesion strength on the surface of their teeth. Read food you eat lots of snacks and sweets in the mouth with a toothbrush (in case of absence, with empty water) to be washed, compared the amount of sweets and promises more than is consumed, it lowers the risk of decay. Conclusion: Tooth decay is dramatically among the common people. It is important to indicate the problem is tooth decay as one of today's community health priorities and careful planning in the field of nutrition education and health needs.