Comparison between vegetarian and non-vegetarian in dental caries risk

Vegetarianism encompasses the practice of following plant-based diets (fruits, vegetables, etc.), with or without the inclusion of dairy products or eggs, and with the exclusion of meat (red meat, poultry, and seafood). Abstention from by-products of animal slaughter, such as animal-derived rennet and gelatin, may also be practiced.

Dental caries is an infection, usually bacterial in origin, that causes demineralization of the hard tissues (enamel, dentin and cementum) and destruction of the organic matter of the tooth, usually by production of acid by hydrolysis of the food debris accumulated on the tooth surfaces. This study aimed to find the differences between vegetarian and non-vegetarian in dental caries risk.