

Study on Association Between Daily Average Consumption of Milk and Yogurt and Prevalence of Dental Caries

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Background & Objectives: Recent researches demonstrate a bioactive role for dairy components like casein fraction and calcium lactate in prevention of dental caries. The purpose of this cross-sectional study was to examine association between milk and yogurt consumption and prevalence of dental caries.

Methods: Subject was 2025 man and woman with the mean age of 24.77 year-old, selected with stratified random sampling Methods from Tabriz city, Iran. Questionnaire with closed questions was designed about amount of daily intake of milk and yogurt. Another question was about complaint of dental caries. Data analyze carried out with T-test and Chi-square and Software SPSS 11.5 was used.

Results: As results there was highly significant differences between mean consumption of milk and yogurt in positive dental caries group and negative dental caries groups ($p < 0.01$). Statistical examine indicate presence of association between prevalence of dental caries and consumption of yogurt (≥ 125 ml/day), ($\chi^2 = 4.54 > 3.841$, PR: $0.35 < 1$, 95% CI: 0.18-0.67), but about milk this association was in the condition of mean consumption was ≥ 250 ml/day ($\chi^2 = 4.20 > 3.841$, PR: $0.29 < 1$, 95% CI: 0.15-0.57).

Conclusion: It's concluded that consumption of yogurt and milk (as a mentioned condition) is a protective factor against dental caries and could reduce the prevalence of this complication in human.

Keywords: Dental Caries; Prevalence; Milk; Yogurt; Protective Factor