



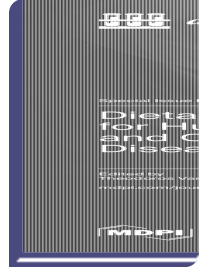
Special Issue Reprint

Dietary Interventions for Human General and Oral Health and Disease Reduction

www.mdpi.com/books/reprint/9464

Edited by
Theodoros Varzakas
Maria Antoniadou

ISBN 978-3-7258-1485-5 (Hardback)
ISBN 978-3-7258-1486-2 (PDF)



Nutrition is considered an integral part of health and oral health in terms of treatment and prevention. Thus, different strategies should be employed, as described in this Special Issue, including weight management and control, the incorporation of probiotics, prebiotics, and dietary supplementation. This Special Issue reprint also covers the aspects of dental and oral health impacting systemic health and quality of life. Hence, risk factors and health behaviors have been identified and discussed. The significance of this Special Issue reprint has been outlined by examining and exploring the effects of diet and nutrition on health and oral health issues that affect well-being and quality of life.

MDPI Books offers quality open access book publishing to promote the exchange of ideas and knowledge in a globalized world. MDPI Books encompasses all the benefits of open access – high availability and visibility, as well as wide and rapid dissemination. With MDPI Books, you can complement the digital version of your work with a high quality printed counterpart.



Open Access

Your scholarly work is accessible worldwide without any restrictions. All authors retain the copyright for their work distributed under the terms of the Creative Commons Attribution License.



Author Focus

Authors and editors profit from MDPI's over two decades of experience in open access publishing, our customized personal support throughout the entire publication process, and competitive processing charges as well as unique contributor discounts on book purchases.



High Quality & Rapid Publication

MDPI ensures a thorough review for all published items and provides a fast publication procedure. State-of-the-art research and time-sensitive topics are released with a minimum amount of delay.



High Visibility

Due to our global network and well-known channel partners, we ensure maximum visibility and broad dissemination. Title information of books is sent to international indexing databases and archives, such as the Directory of Open Access Books (DOAB), and the Verzeichnis Lieferbarer Bücher (VLB).



Print on Demand and Multiple Formats

MDPI Books are available for purchase and to read online at any time. Our print-on-demand service offers a sustainable, cost-effective and fast way to publish MDPI Books printed versions.