



# The Open Dentistry Journal Supplementary Material

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## Evaluation of Knowledge, Attitudes and Oral Health-related Nutritional Performance of Diabetic Patients referred to the Diabetes Research Center in Isfahan-Iran, 2016

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### SUPPLEMENTARY FIGURES AND TABLES

**Name:** .....

**Sexuality:** Female  Man

**Age:** ..... Year

**Stature:** ..... cm

**Marital status:** Married  Single

**Disease:** Oral and dental disease Yes  No

Dry mouth  Gum inflammation  Tooth Decay

**Educational Level:**

Illiterate  Under the diploma  Diploma

Undergraduate  Bachelor  Higher than bachelor

**Occupation:** .....

**Disease history:** Cardiovascular  Liver  Kidney  Digestive

Thyroid  Anemia  Gallstone  Cancer

Skin  Stroke  Kidney Stone

**Supplements and medication use:** Blood pressure drugs  Blood lipid drugs

Hormonal drugs  Warfarin  Blood glucose drugs  Metformin

Antacids containing calcium or magnesium  Multi-vitamin supplement

**Smoking:** Yes  No

Each of food how often do you consume?

<b>Foods</b>	<b>Rarely or never</b>	<b>1-3 times in a month</b>	<b>1-3 times in a week</b>	<b>More than 5 times a week</b>	<b>1-2 times in a day</b>	<b>3-4 times in a day</b>	<b>5 times or more</b>
Foods like pistachios and almonds							
Chips and snacks							
Jams							
Honey							
Fresh vegetables							
Industrial fruit juice							
Natural fruit juice							
Soda							
Tea without sugar							
Tea with sugar							
Fresh fruit							
Milk							
Cheese							
Sweets, Cakes, Biscuits							
Normal chewing gum							
chewing gum with sugar							

Less frequent use of the food and beverage sweetened during day and night, reduced the amount of tooth decay.

True  False  NA

To the health of teeth, it is better to eat some sweets in a few meals, in comparison eat the same amount sweets in a time.

True  False  NA

If foods causes decay consumed with the main meals, less caries are produced.

True  False  NA

Foods like chips, which do not have sweet taste, are harmless to the teeth.

True  False  NA

If teeth are washed with water after eating sweet foods like cakes and soda, less dental caries are produced.

True  False  NA

If you regularly toothbrush, no matter how much sugar we eat, tooth decay can not be created.

True  False  NA

Foods that stick to teeth after eating will cause more caries than other foods.

True  False  NA

Question	Always	Often	Sometimes	Rarely	Never
To a better feel taste in my mouth, I like to eat fruit after sweets					
After eating sweet foods, I wash my mouth with water					
I like sweet foods and I eat several times during a day					
Among the main meals, I use less sweet foods like biscuits					
When eating evening meal, I choose fruit to eat, from fruit and biscuit					
After eating sweet foods, I choose fruits like apple					
To less dental caries, I eat foods like chocolate and biscuits along with main meal					
When I want to eat something, I pay attention to whether or not to cause tooth decay					

Foods	Creates high caries	Creates low caries	Does not create caries	NA
Fresh fruits				
Date				
Chips				
Cakes and Biscuits				
Milk				
Carrot				
Bread				
Rice				
Normal chewing gum				
chewing gum with sugar				
Honey				
Raisin				
Fresh vegetables				
Foods like pistachios and almonds				
Dried fruits like figs				
Soda				
Ice cream				
Cheese				
Tea without sugar				
Tea with sugar				
Industrial fruit juice				
Natural fruit juice				
Jams				