

Caries prevention through a nutritional vehicle La prevención de caries a través de un vehículo nutricional.

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In order to evaluate the efficacy of fluoridated milk as a cariostatic nutritional product, the biological and technical possibilities of adding fluoride (F) as monofluorophosphate (MFP) to milk were studied, together with a preliminary cost estimation for this procedure. F ingestion by preschool children pertaining to the low and medium-low levels of population was estimated through polls and chemical analyses. The values of F ingestion obtained were in the range of 0.15-0.30 mg/day. The bioavailability of F in those dietary elements which have the highest F concentration was determined. Taking a value of 1.00 for F absorption from sodium fluoride (NaF) in water, relative values of 0.58 and 0.32 were obtained for tea ingestion on a fasting stomach, and together with solid food, respectively. The corresponding value for fish was 0.34. Through another bioavailability experiment it was shown that the absorption of F (from MFP) in milk, is as high as that of F (from NaF) in water. By mean