Abstract

Introduction: *Carbohydrates are the main source of human diet. More than 60% of total needed energy is obtained from carbohydrates.*

Extra consumption of sugars cases much disease such as obesity and dental caries. Many studies showed that obesity and dental caries increase with high consumption of sugars and beverage. Some studies have shown that this diet has not any role on obesity and dental caries. The object of this study was to Assessment the role of sugars and beverage on the anthropometric and dental health indices.

Materials and methods: *a total of 788 7-years old primary school children was selected via a cluster sampling in the city of Tehran.*

Their general information has been asked from their mothers. 24-hour frequency consumption of sugars including beverage has been asked by the trained interviewer.

Then anthropometric measurements are also takes for each child.

After that, dental health indices has been measured by two trained dental hygienist. The chi-square, and sperman tests used for detection statistical Associations.

Results: *spearman statistical test has not shown any significant correlation between dmft and consumption of sugars and beverage. consumption of sugars in children that have problem with weight for age was significantly higher. (P=200%)*

Key words: *sugars, beverage, dental caries, anthropometric indices*