

PENURUN INDEKS PLAK SETELAH PENGUNYAHAN PERMEN KARET  
XYLITOL DAN APEL PADA ANAK-ANAK

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**ABSTRACT**

*To experiment of 6th pelita Dental Health Directorate 1991 shows caries prevalence and perodontal disease continue high up to 70%-80%. The main cause found for such disease is plaque. Applying control plaque towards children has been properly exercised, one preventive action which can be done is consuming fiber as dishes.*

*Apple belongs to fruit enriched with fiber and mostly consumed as dishes. Apple is argued to be a fruitful dishes due to its solid surface which helps cleans out the teeth during chewing. Besides apple is xylitol gum that is currently popular and proved to be effectively deminishing the accumulation plaque in teeth.*

*This experiment is aimed to compare the range of effectiveness between apple and xylitol gum to decreasing plaque index among 30 children and the result shows that apple is more effective than xylitol gum.*

**Keywords:** *plaque index, apple, xylitol gum*