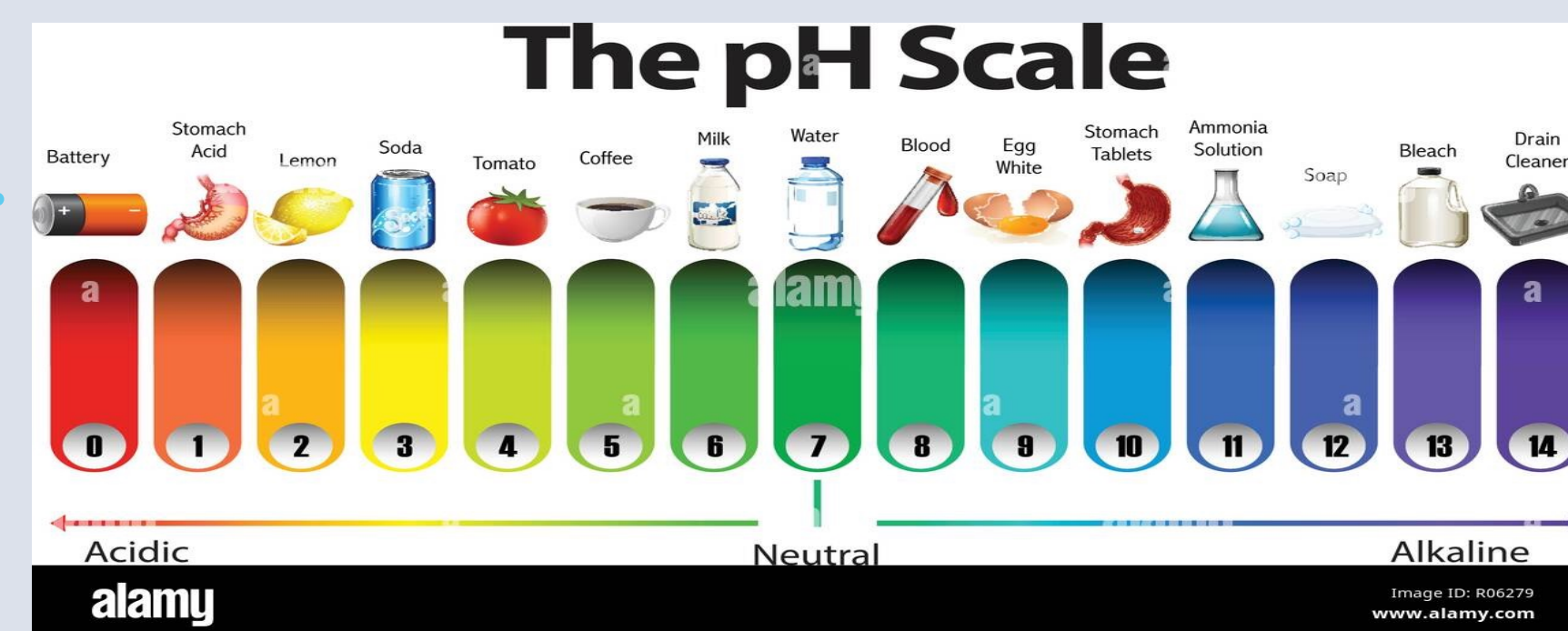


Top acidic foods that affect your teeth

How does acidic food/drinks affect your teeth?

- Most people are aware of the damage sugar can cause to teeth but what people don't usually consider is how acidic food and drinks also pose a threat.



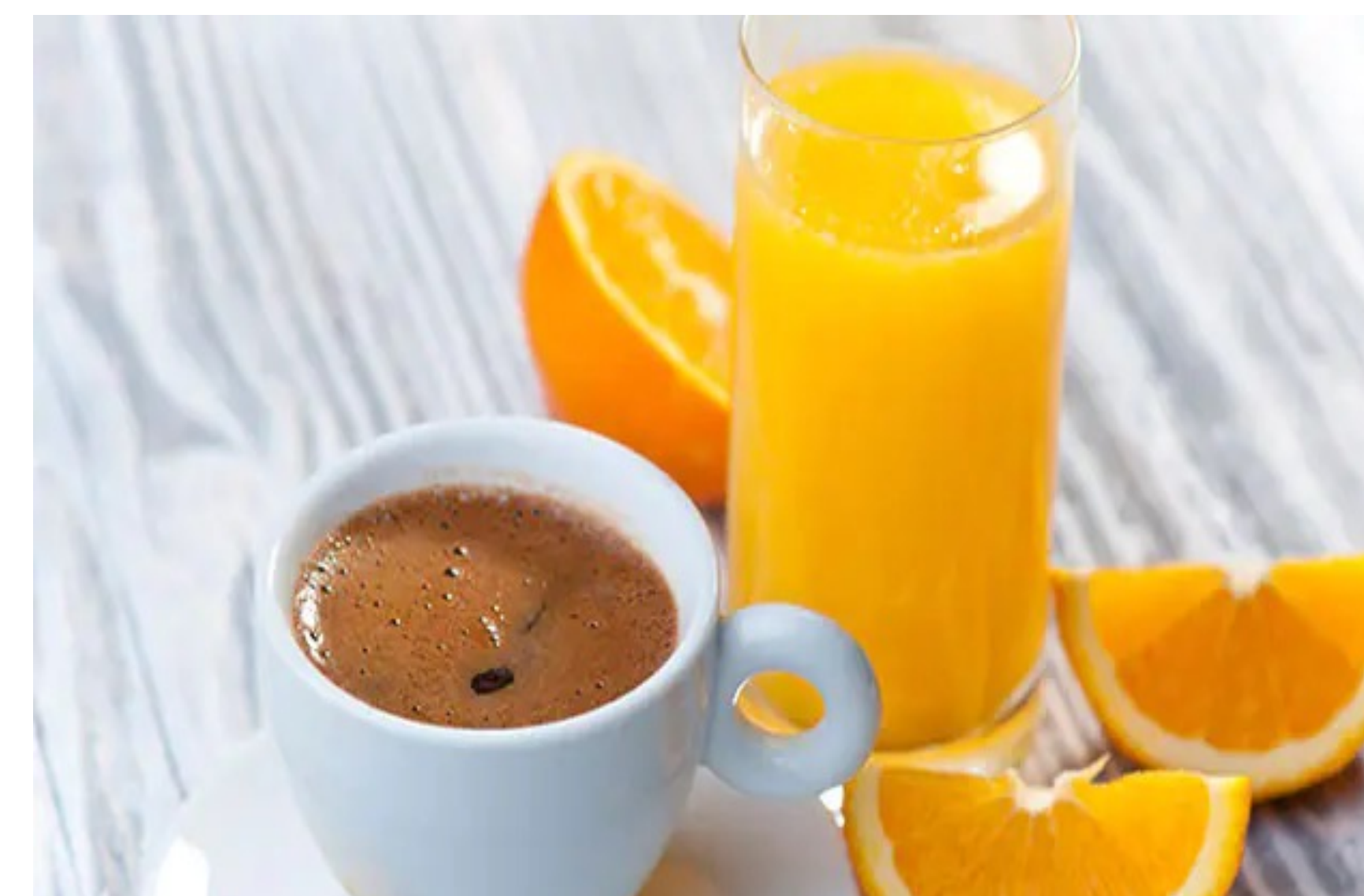
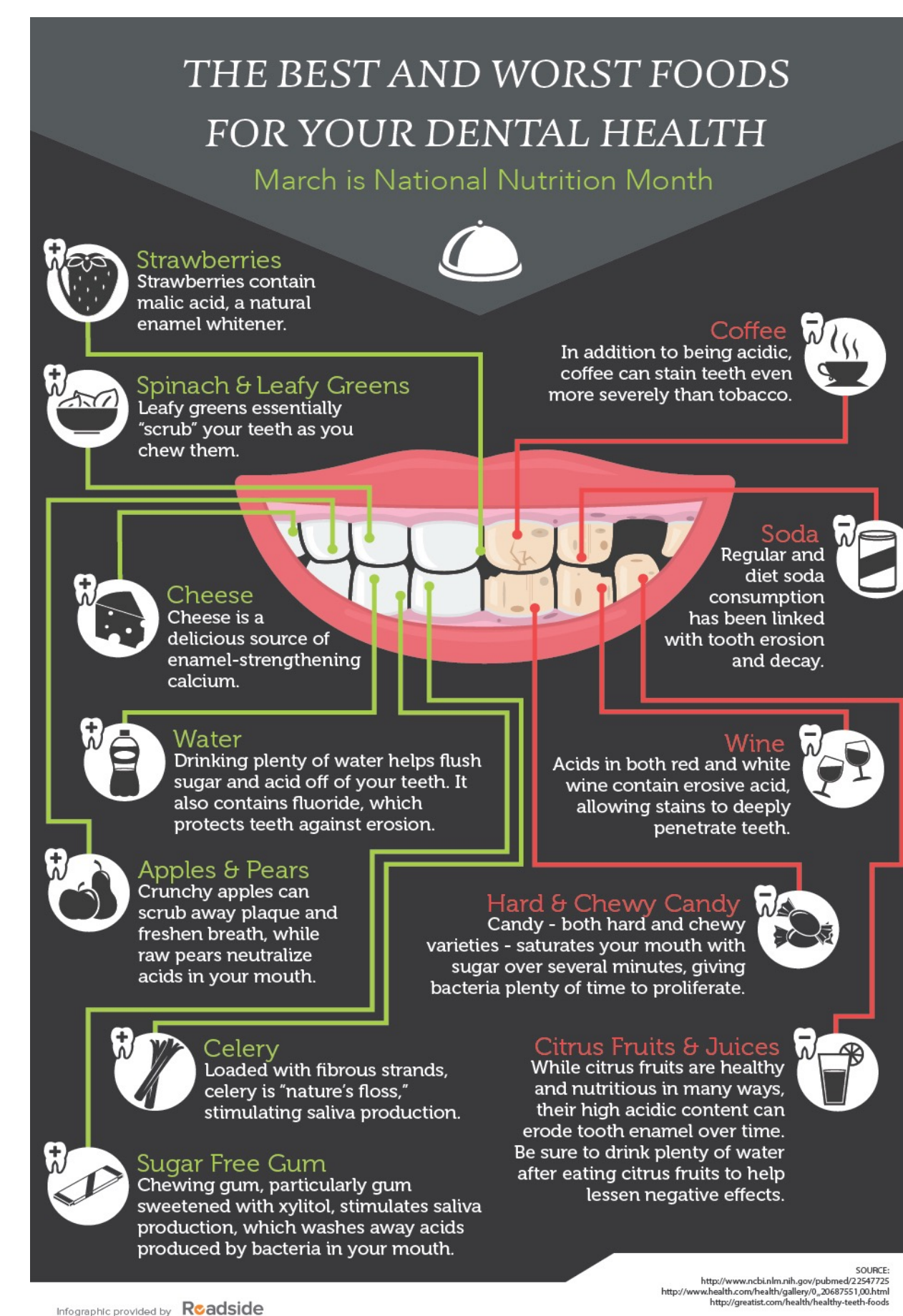
Signs & symptoms of erosion

- Tooth sensitivity to hot and cold foods, sweets or even air
- Discoloration- teeth may appear yellow due to exposed dentin
- Transparency- Teeth may begin to appear almost see through
- Rounded teeth - due to the enamel wearing away at the bottom of the tooth
- Chipped teeth



Top foods/drinks to avoid

- Soda
- Citrus fruits and juices
- Coffee
- Wine (Red or white)
- Tomatoes
- Energy drinks
- Candies



Signs of **ENAMEL EROSION**



How to prevent erosion from acidic foods/drinks:

- Consume in moderation
- Use a straw when drinking fruit juices
- Never suck on lemons or any highly acidic fruit
- Rinse your mouth with water after eating fruit or drinking coffee
- Acid brushing your teeth for 30 mins after eating/drinking anything acidic in order to give your enamel time to resettle
- Use fluoridated toothpaste to brush teeth in order to keep enamel strong

Why are Acidic drinks/foods bad for my teeth ?

Acidic drinks/foods are loved by many but can be tough on your teeth if consumed regularly. A drink's acidity level is determined by how much acid it contains from citrus or other additives. The pH scale measures this trait, but what pH is bad for your teeth? Any pH level below 7.0 is considered acidic, and the lower the number, the more harmful to your teeth.

Enamel is the strong outer layer that protects your teeth. Acidic drinks can wear enamel down, weakening it and causing long-term tooth erosion. It's essential to care for your teeth because tooth erosion is permanent. Enamel isn't a living cell and doesn't naturally repair itself as your skin does.

According to the American Dental Association, you can experience several side-effects from improper enamel care.



Tooth erosion can be observed by the more yellow areas of the teeth.



Consuming acidic drinks could lead to:

- Tooth pain
- Tooth sensitivity (to hot, cold, and air)
- Discoloration of your teeth
- Increased risk of cavities
- Abscesses or loss of teeth (in extreme cases)

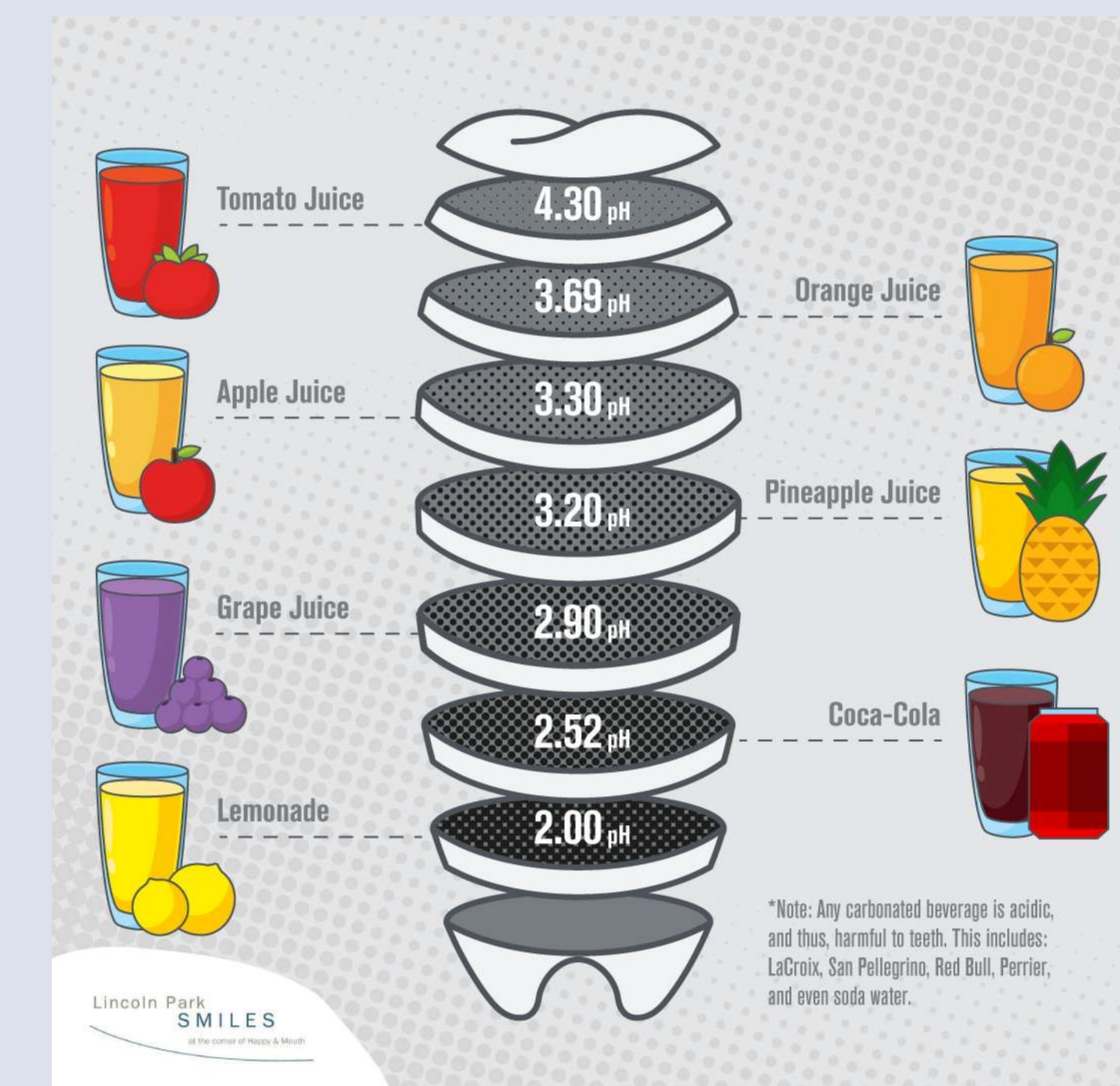


Common Acidic Drinks to Avoid

It might surprise you how many drinks are acidic and pose a risk to your enamel's health.

Even beverages that offer health benefits like fruit juice can be tough on your teeth.

Any flavor or type of drink can be acidic, depending on the ingredients, additives, and formulation.



It's essential to remember that even sugar-free drinks can be acidic. Carbonation raises every drink's acidity, so any bubbly beverage is likely to be harmful to your dental health over time.

Is acidic coffee bad for your teeth? Is sugar-free soda okay? Let's take a look.

How do I protect my teeth from Acidic drinks/ foods?

We recommend using moderation when consuming acidic drinks/ foods as the first step to protect your smile.

Even though your enamel will not regenerate, saliva does a great job maintaining your tooth's hard outer layer. Letting saliva do its job and consuming items that stimulate saliva production can give you the best chance to fight against acid and erosion.

Every type of acidic drink will cause tooth erosion over time. The more acidic the substance, the more damage it will cause. Cutting acidic beverages from your diet is the only way to avoid adverse effects. Not to worry, there are still ways to lower the amount of damage done when you consume acidic beverages.



Talk to your dentist: When in doubt, consulting with an expert is the safest option. Your dentist can advise dietary choices for your long-term dental health.

Tips to protect your teeth from acidic drinks / foods

1. Use moderation: Many people will consume acidic drinks on occasion vital to limit the amount you drink.
2. Rinse with water: Tap or bottled water can wash away acids left in your mouth from other drinks. Consider rinsing with water after enjoying an acidic drink to limit the amount of damage it can do.
3. Reach for a straw: Straws can help acidic drinks go past your teeth and down your throat. Straws can be helpful but won't prevent all the dental erosion from acidic beverages.
4. Don't brush right after drinking/ eating: Reaching for your toothbrush too quickly after a drinking or eating can make things worse. Wait an hour after consuming an acidic drink before you brush to give your saliva a chance to harden the enamel naturally.
5. Build healthy habits: While it can be challenging to make changes to your routine, doing so will have lasting effects on your dental health. Buying a reusable water bottle can be a convenient way to establish a new habit to avoid acidic drinks and save money.
6. Consume dairy: Dairy products provide a protective film on enamel to prevent cavities.
7. Chew sugar-free gum: This easy option can promote saliva production. Saliva is healthy for your teeth because it removes some of the acids and even repairs enamel.
8. Practice good dental hygiene: We recommend brushing your teeth for two minutes twice daily to limit decay and cavities. Also, be sure to use floss, an interdental brush, or a water flosser to clean between teeth once a day.

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