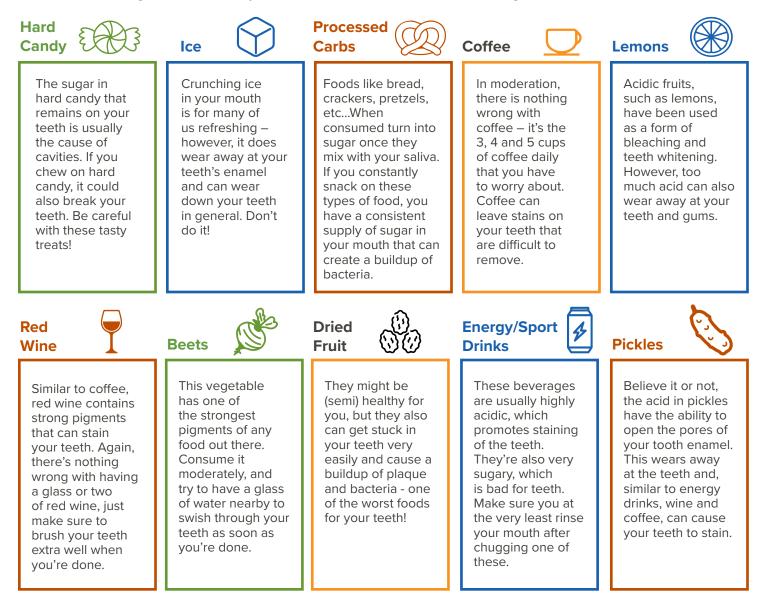


## **10 WORST FOODS** FOR YOUR TEETH

When it comes to food and oral health, it's very obvious that the saying "everything you enjoy eating is usually bad for you" applies. Unfortunately, some of us can't help but indulge in a few cups of coffee a day, chewing ice, or constantly sucking on candies at our 9 to 5 jobs. Whether it makes you gain weight – or in this case, damage your teeth – the following foods are ones you should be mindful of when consuming.



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