

# 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.

## Hard Candy

The sugar in hard candy that remains on your teeth is usually the cause of cavities. If you chew on hard candy, it could also break your teeth. Be careful with these tasty treats!

## Ice

Crunching ice in your mouth is for many of us refreshing – however, it does wear away at your teeth's enamel and can wear down your teeth in general. Don't do it!

## Processed Carbs

Foods like bread, crackers, pretzels, etc...When consumed turn into sugar once they mix with your saliva. If you constantly snack on these types of food, you have a consistent supply of sugar in your mouth that can create a buildup of bacteria.

## Coffee

In moderation, there is nothing wrong with coffee – it's the 3, 4 and 5 cups of coffee daily that you have to worry about. Coffee can leave stains on your teeth that are difficult to remove.

## Lemons

Acidic fruits, such as lemons, have been used as a form of bleaching and teeth whitening. However, too much acid can also wear away at your teeth and gums.

## Red Wine

Similar to coffee, red wine contains strong pigments that can stain your teeth. Again, there's nothing wrong with having a glass or two of red wine, just make sure to brush your teeth extra well when you're done.

## Beets

This vegetable has one of the strongest pigments of any food out there. Consume it moderately, and try to have a glass of water nearby to swish through your teeth as soon as you're done.

## Dried Fruit

They might be (semi) healthy for you, but they also can get stuck in your teeth very easily and cause a buildup of plaque and bacteria - one of the worst foods for your teeth!

## Energy/Sport Drinks

These beverages are usually highly acidic, which promotes staining of the teeth. They're also very sugary, which is bad for teeth. Make sure you at the very least rinse your mouth after chugging one of these.

## Pickles

Believe it or not, the acid in pickles have the ability to open the pores of your tooth enamel. This wears away at the teeth and, similar to energy drinks, wine and coffee, can cause your teeth to stain.

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