



Are Drinks Damaging Your Teeth?

What is tooth erosion?

- All carbonated fizzy drinks and fresh fruit juices contain **acid** which dissolves teeth.
- **Low sugar** and **no added sugar** drinks can also dissolve your teeth.
- Some foods are also acidic like citrus fruits and foods containing vinegar
- The process of your tooth enamel dissolving in acidic drinks is called **erosion**.
- Tooth erosion is different from tooth decay, the tooth enamel slowly wears away.
- Your can teeth become sensitive and painful after hot or cold foods.
- As your teeth get smaller and shorter the appearance of your smile will change.

Recommendations to help control tooth erosion:

- Restrict acid containing foods and drinks to meal times.
- Swallow acidic food or drink as quickly as possible, do not hold them in your mouth.
- Use a straw to direct acidic drinks to the back of your mouth.
- Avoid acidic drinks as the last drink of the day before bed time.
- Wait at least 1/2 hour before brushing your teeth after having acidic food or drink.
- Eat alkaline or neutral snacks between meals; for example tea, milk or cheese.