

How to Sidestep Dental Dangers

5 types of foods to avoid



<p>High in sugar Promotes tooth decay. Top culprits: candy, cakes, cookies, jams, cereals, canned fruits, barbecue sauce, ice cream, reduced-fat dairy</p>	<p>High in starch Breaks down into sugar; easily sticks to and gets between teeth. Top culprits: bread, potato chips, crackers (especially saltines), cereal, white rice, pasta, pretzels</p>	<p>Acidic Wears down the enamel, leaving teeth vulnerable to decay. Top culprits: citrus fruits, sugary drinks, fruit juice, tomato soup</p>	<p>Sticky Gets into cracks and crevices in and between teeth to promote decay. Top culprits: taffy, caramel, gum drops, gummies, granola bars</p>	<p>Hard to bite May loosen weak teeth or cause chipping. Top culprits: hard candies, lollipops, olive pits, unpopped kernels, ice</p>



Want to know more?
Check out nutrition and oral health articles, videos, recipes and more on mysmileway.com

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