



Protect Your Smile: Foods That Threaten Oral Health

Oral health plays a pivotal role in our overall well-being with our mouths being the gateways to the rest of the body. This connection becomes particularly clear when you wake up with jaw pain and realize it's been a while since your last visit to a dentist.

While the home remedies might give you relief for the time being, the problem is still there. Negligence with your oral health has dire consequences, such as toothache, headaches, tooth abscess, and gingivitis, which further develops into periodontal disease. And before you know it, it becomes a dental emergency.

One key factor that will take care of your teeth and gums is healthy food. Hippocrates said, ***“Let food be thy medicine and medicine be thy food”***.

It affects your oral health majorly. Your health is reflected in your smile. For example, if a person is drinking three to four cups of tea regularly, he'll have tea stains on his teeth for

sure. Similarly, individuals having certain diseases, like diabetes, anemia, obstructive sleep apnea, etc may have affected oral health.

Here are the top 7 foods that destroy oral health.



Sticky foods

- Foods like caramel, chewy candies, and dried fruits cling to teeth and make it difficult for the saliva to wash them away resulting in a bacteria breeding ground.

Sugary drinks

- Drinks loaded with sugar, such as iced tea, energy drinks, soda, etc., contain acid and sugar, which leads to enamel weakening and, hence, tooth decay.

Sugary Snacks

- The fine sugar in cookies, cakes, chocolate, and pastries feeds the harmful bacteria leading to the overproduction of acids that lead to erosion of enamel and cause cavities in teeth.

Citrus Fruits

- Citrus fruits are high in vitamin C. These include fruits such as oranges, grapefruits, and lemons, which are extremely acidic and can erode tooth enamel. Once the enamel is gone, it cannot be replaced.

Caffeinated hot beverages

- Coffee and tea have a drying effect and reduce the production of saliva. They are acidic and can stain teeth over time.

Ice

- Chewing ice also known as pagophagia is often associated with iron deficiency. It can lead to chipping of teeth potentially leading to further damage.

Vinegar-Based Foods

- Fan of sauerkraut, pickles, or salad dressings? It might be a surprise although these gut-friendly foods can play havoc on your teeth due to their high vinegar content, leaving them vulnerable.

How can one improve their oral health?

- Brushing twice a day.
- Flossing daily.

- Drinking plenty of water.
- Taking a diet rich in vitamins A, B, D, C, K, and phosphorus.
- Wear a mouth guard in case you grind your teeth in your sleep.
- Visiting the dentist every six months.

Protect Your Smile Today!

Don't wait for disaster to strike. Instead, take action and start by protecting your smile. You can do this by being mindful of the foods you eat and committing to a healthier oral care routine.