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| MEET YOUR MOUTH |  |
| IT’S PART OF YOUR BODY |  |
| Your Mouth and Sugar |  |
| More Information |  |
| Harmful bacteria feed off sugar and creates acids that damage your enamel. Enamel is the shiny, outer layer that protects your teeth from decay. |  |
| When you eat sugar, it interacts with your plaque and creates an acid. The acid is what causes tooth decay, not the sugar directly. |  |
| Tooth decay can turn into tooth abscesses, which is caused by a bacterial infection and may require your tooth to be extracted. |  |
| Sugar is sugar, even when it’s disguised as corn syrup, fructose, high-fructose corn syrup, honey, or maltose, for example. |  |
| The recommendation of added-sugar intake is less than 100–150 calories per day, or 24–36 grams. |  |
| Flossing daily and brushing twice a day with fluoride toothpaste will help you maintain a healthy mouth. |  |
| Minnesota Oral Health Coalition |  |