

## Health Advice

### Are drinks damaging my teeth?

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 teeth can become sensitive and painful after hot or cold foods. As your teeth get smaller and shorter with age 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: tea, milk or cheese, for example