

Sugar in your diet affects your teeth

The sugar content in the food you eat has a big effect on your teeth and gums.

When bacteria (plaque) come into contact with sugar in the mouth, acid is produced, which attacks the teeth for 20 minutes or more. This can eventually result in tooth decay.

This is why drinking sugar-filled sodas, sweetened fruit drinks, and non-nutritious snacks can take a toll on teeth.

This is particularly true for children as their eating patterns and food choices affect how quickly they develop tooth decay.

Foods that contain sugars of any kind can contribute to tooth decay. However, almost all foods, including milk or vegetables, have some type of sugar. Many of them also contain important nutrients that are an important part in our diet.

To help control the amount of sugar you consume, read food labels and choose foods and beverages that are low in added sugars. Soft drinks, candy, cookies and pastries often contain added sugars.

