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Damage To Teeth By Beverage

Moreover, the high acidity and amount of sugar that most alcoholic beverages have may cause cavities and the tooth enamel's erosion. If you want to take care of your pearly whites, here are three drinks that are detrimental to your teeth's health:

3 Alcoholic Beverages Can Damage Your Teeth: What to Know ...

"This study revealed that the enamel damage caused by noncola and sports beverages was three to 11 times greater than cola-based drinks, with energy

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drinks and bottled lemonades causing the most...

Which Drinks Damage Your Teeth the Most?

If you nurse a diet soda throughout the day, for example, or sip a sugary latte during your hour-long commute, the damage to your teeth can be much greater than if you finish your beverage quickly....

Which Drinks Can Harm Your Teeth? | Everyday Health

The effect that beverages have on your teeth depends on several things, but it's primarily determined by overall acidity. Anything that measures 5.5 or less on the pH scale is considered acidic....

What These 11 Drinks Do to Your Teeth

Erosion begins when the acids in soft drinks encounter the tooth enamel, which is the outermost protective layer on your teeth. Their effect is to reduce

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the surface hardness of the enamel.
While... Alcoholic Beverages How

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**What Does Soda Do to Your Teeth? -
Healthline**

Two big reasons: Sugar — soda has an abundance of it, leading to tooth decay and cavities. Acid — most sodas are highly acidic, contributing to tooth erosion. So now you know what not to drink. Some healthier alternatives to drink include water, milk, and you guessed it — unsweetened sparkling water.

Is Sparkling Water Bad For Your Teeth? - Colgate

Even surprisingly small quantities of soda can damage your teeth; as little as one glass per day has been linked to damage, according to National Institutes of Health (NIH). Because citrus fruit juices contain healthy vitamins and minerals, you may assume they're healthy for your teeth as well. Sadly, this isn't the case.

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How Acidic Drinks Affect Teeth - How Colgate

Sugar isn't the only dietary factor that can damage your smile. Foods and beverages that are high in acids wear away the enamel that protects your teeth, a process known as tooth erosion. This changes the appearance of your teeth and opens the door for bacteria that can cause cavities or infection. What Does Tooth Erosion Do to My Teeth?

Foods and Beverages That Can Cause Tooth Erosion

Any beverage (other than plain water) can encourage bacterial growth in the mouth, leading to tooth damage -- coffee included. The tannins in coffee can also discolor your teeth. Even a single cup ...

25 Foods and Drinks That Are Wrecking Your Teeth and Gums

“Dark drinks like cola drinks, tea, coffee,

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red wine even curries, have more potential to stain the teeth," says Dr Alldritt. Even green tea can stain the teeth, he says.

The 10 ways you're damaging your teeth - NewsComAu

The beverages also can cause excessive tooth wear and may damage underlying bone-like material, causing teeth to soften and weaken, the researchers say. The drinks may also possibly trigger...

Sports Drinks May Damage Your Teeth - WebMD

Also, you'll want to drink water after you drink coffee, tea, or hot chocolate as it can help wash away leftover particles that could damage or stain your teeth. Warm beverages are an autumn tradition and they can still be part of your routine as long as you're aware of the risks and take proper precautions to mitigate them.

The Effects of Hot Drinks on Your

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Dental Health - Family ...

The bacteria feed on sugar, forming acids that can harm teeth. The Pediatric Dental Health website advises that the sugar content in many carbonated beverages is as much as 10 teaspoons for a 12 ounce drink 1.

The Effects of Carbonated Drinks on Teeth | Healthfully

Brushing your teeth right after drinking sugary beverages can actually cause enamel erosion. Enamel Erosion: Alcohol in all of its many forms is incredibly acidic. When you drink acidic beverages, your tooth enamel can erode. This can pose a problem because once your tooth enamel wears away, it won't come back.

Alcohol & Dental Health: Does Alcohol Damage Teeth ...

Most carbonated soft drinks, including diet soda, are acidic and therefore, bad for your teeth. Caffeinated beverages, such as colas can also dry out your mouth. If you do consume soft drinks,

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try to drink alongside a cup of water.

Top 9 Foods That Damage Your Teeth - American Dental ...

Most people are surprised to know that acidic beverages like soda and sports drinks (just to name a few) can damage tooth enamel and accelerate tooth decay, especially when sports drinks are marketed to us as “health” drinks. But every time you drink soda, sports drinks, or energy drinks, you are bathing your teeth in acid.

How to Minimize Damage From Drinking Soda and Energy Drinks

While sports beverages and fruit juices can also damage enamel, they stop there. Sodas, on the other hand, can likewise impact the next layer, dentin, and even composite fillings. This damage to your tooth enamel can invite cavities. Cavities, or caries, establish gradually in individuals who drink sodas routinely.

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Milk also has something called caseins, a type of protein that forms a protective film on the enamel of your teeth to prevent decay. 2. Vodka soda. If you're ordering a drink at the bar, ask for the clear stuff. It won't stain your teeth, and it actually kills some of the bacteria that are responsible for bad breath. 3. Green or herbal teas.

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