

# The food is the culprit that causes bad breath tooth loss

There are many types of food you still use every day without knowing that it is the cause of many dental problems if you eat too much.

1. 10 mistakes are often made when taking care of your teeth
2. 8 common mistakes in dental care
3. The food is the culprit that causes bad breath tooth loss

The old people used to have the phrase 'human hair is the corner of a human' can see that the old people took great care of human teeth, the teeth were white, the mouth was fragrant, and it was able to attract the opposing people. In order to help make your teeth strong, brushing your teeth at least twice a day and using dental floss to clean your teeth after eating is essential. However, what you eat every day also greatly affects your oral health. Please pay attention to the foods that easily damage teeth, bad breath below:

## These foods are harmful to the teeth

### 1. Sweet candies



Today's candies are often given lots of sugar and coloring agents to help the product attract consumers. However, when you use these products, the sugar will stick to your teeth longer. Especially hard or tough candies that will adhere to the surface of your teeth and want to clean them, it will take a lot of time for the saliva to dissolve it, thereby increasing the risk of tooth decay.

For those who are believers who like to eat these sweet candies, it is advisable to limit them to a minimum to avoid dental effects.

## **2. Tea and coffee**



There is no denying the benefits of tea and coffee to the body, but besides these positive effects are the negative effects on the teeth that this food brings. When used regularly these types can make your teeth yellow and dull. Besides, tannic acid in coffee seriously affects your enamel. So use it at a moderate level, don't overdo it.

## **3. Citrus fruits**



Common citrus fruits are vitamin C-rich fruits that are good for the body. However, the acid content of these fruits is also very high, which can cause tooth enamel to weaken over time, after which it can discolor and easily wear.

To prevent this situation, you should limit your intake of lemon or high-acid fruits. When you finish eating, rinse your mouth with filtered water, which will dilute the acid content of your mouth. When you finish eating, you should not brush your teeth immediately but wait for 30 minutes, so enamel will have time to recover.

#### **4. Carbonated soft drinks**



Most carbonated soft drinks contain acids and sugar, which are bad for teeth. In addition, soft drinks contain phosphoric acid and citric acid that soften enamel and increase the risk of tooth decay. If you still want to consume these soft drinks, drink a glass of clean water immediately after using them.

## **5. Wine**



Wine is also a food that can damage tooth enamel. Drinking a lot of alcohol can affect health as well as an agent that leads to oral cancer. When drinking alcohol, we often feel thirsty, dry mouth, difficult to produce saliva.

## **6. Foods high in starch**



Today we tend to consume a lot of fast food or foods containing potato starch, white bread, pizza, pasta and burgers . can easily be stuck between teeth.

Although this type of food does not contain sugar, when it comes to interdental teeth that are not removed, it can lead to bad breath and tooth decay.

## **7. Dried fruits**



These types of dry fruits are often soaked in a high amount of sugar. When eating sugar content will stick on the teeth to stimulate bacteria to grow in the oral cavity, eroding tooth enamel. So brush your teeth after using them.

## **8. Cold stone**



The coldness and hardness of the stone may have a negative effect on tooth enamel which is the protective tooth surface. Abandon this bad habit to protect oral health.

## **These foods are good for oral health**

### **1. Vegetables and fruits**



Fiber-rich vegetables help increase salivary glands to fly bacteria in the oral cavity.

If you want to snack, choose crispy vegetables like carrots and apples instead of oily chips.

### **2. Milk butter**



Calcium is present in cheese, milk and yogurt to help regenerate tooth enamel. When eating, choose low-fat milk if you want to use it every day.

### **3. Sugarless gum**

Chewing gum creates more saliva, which helps to neutralize the acid in the oral cavity.

After eating, you can use a sugar-free gum and chew after a meal if you can't brush your teeth.

### **4. Mineral water**

Some fluoride-containing juices help to regenerate tooth enamel and prevent cavities effectively.

Drink filtered water instead of fresh water to have a healthy body and strong teeth.

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