

Food That Erode Teeth



The acids in foods and drinks attack the enamel of teeth and can erode it away

The frequency of daily acid attack is very important



Acidic Foods

Some foods are very acidic, which can cause erosion of your teeth. These include some citrus fruits such as lemons, pineapples and oranges.



Frequency of food intake

Try to limit your food intake to around 3-4 times a day, rather than snacking throughout the day.



Juices and drinks

Fruit juices and alcoholic drinks are very acidic. Restrict them to mealtimes rather than sipping on them throughout the day.



Sensitivity

Erosion can cause sensitivity and pain. Seek advice and use a toothpaste for sensitivity



Remineralisation

After consuming acidic foods, our saliva helps to remineralise our teeth again. Give time for this to happen.



Brushing teeth

Do not brush your teeth immediately after eating or drinking anything except water.

Acidic Foods and Drinks

Constant grazing or sipping provides acid to continuously attack the enamel without any time for recovery

Soft drinks & energy/ sports drinks: (regular & diet)

- Cola
- Lemonade
- Tonic Water
- Squash

Alcoholic drinks

- Wines (red, white, sparkling and rosé)
- Beer
- Alcopop (fruit flavoured alcoholic drinks)

Fruit flavoured chewing gums

Flavoured water & fruit tea

- Ice tea
- Fruit flavoured water

Salad dressings, tomato sauces & vinegar

Jam & jellies

Fruit & fruit juices

- Citrus fruits (e.g. lemons, oranges, grapefruits, limes and tangerines)
- Apples, grapes, peaches, pomegranates, blueberries, pineapples and tomatoes
- Roasted peppers

Medications

Medications that dry the mouth (i.e. reducing saliva)

- Antihistamines
- Sedatives
- Anti-sickness medicines
- Anti-Parkinsonian medicines

Medications in an effervescent form:

- Many Vitamin C supplements