



Hanham Dental

Diet Advice

Try to avoid sugary foods during breakfast. The mouth produces much less saliva when you are asleep and this leaves teeth vulnerable to the effects of sugars and acids in the hour after waking up.

When snacking, please avoid concentrated sources of sugar or acid such as sweets, cakes, biscuits and dried fruits. Snacks should be kept savoury (cheese, raw vegetables, savoury crackers and breadsticks) or fruit and a sweet alternative.

Drink milk or water to quench thirst between meals. Carbonated drinks, fruit juices and herbal teas are very acidic and in the absence of excess saliva will cause erosion (wear) of the enamel on your teeth.

Avoid sugar in tea and coffee. Artificial sweeteners will bring about the change in flavour without the damaging sugar attack.

Eat desserts straight after main courses, as this will be during peak saliva flow. Allow your teeth 30 minutes recovery time after eating and before brushing your teeth.

If you have any further questions about the effect of your diet on your teeth, please call the practice on 0117 960 2940 or email info@hanhamdental.co.uk