

How does acidic food affect your teeth?

- Smile Solutions

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How does acidic food affect your teeth? Your teeth are made of a type of mineral, or crystal, called hydroxyapatite. In those that have grown up with fluoridated water and toothpaste, the surface of the teeth will be made of fluorapatite mineral. These minerals can be dissolved by exposure to acids. There are different types of acids that come into contact with our teeth, including but not limited to: Lactic acid, produced by bacteria in our mouth when we eat carbohydrates and sugar; this typically causes decay or "cavities". Acetic acid, found in wine Citric acid, one of the most potent acids in our diet and is found naturally in citrus fruits and beverages, and is also used as a food additive. Ascorbic acid, also known as Vitamin C; this form is problematic when we have chewable vitamin tablets – opt for the type that can be swallowed whole where possible. Stomach acid from vomiting or gastro-oesophageal reflux Once the crystals have been dissolved away by strong acids, they can't be added back onto the tooth. This pattern of tooth surface loss is typical of "dental erosion" which is a rapid and widespread dissolution of the tooth mineral. Dental erosion due to acidic foods and drinks shows the following signs: Stripping of the mineral off the teeth, resulting in thinning and shortening of the teeth, chipping of the edges of the front teeth, and yellowing as the inner part (dentine) of the tooth becomes more exposed A collapse of the height of your teeth results in an overclosed appearance over time and the appearance of being older. Increased tooth sensitivity, again due to the exposure of the inner part of the tooth, dentine. Loss of white fillings, which is referred to as "debonding", or fillings becoming more prominent as the tooth around them dissolves. Restoring a mouth that has been severely affected by dental erosion is no easy task. Often it requires "full mouth rehabilitation" by an experienced dentist or specialist prosthodontist. This is a costly exercise in time, money, and mental energy. Ideally we want to prevent this scenario altogether, which can be done with the following lifestyle changes: How can you mitigate the effects of acid in your diet? Cut down on your acidic foods and drinks – again, that's citrus, fizzy drinks (even the "sugar-free" types which are often more acidic than their sugary counterparts in order to be more flavoursome), wine and vinegar. Use straws when drinking acidic beverages so it doesn't wash over the teeth Drink acidic drinks with food rather than sipping on them between meals and throughout the day so you get the benefit of protective saliva which is stimulated by chewing Pair your wine with cheese, or switch to drinking beer (in moderation!) which is not associated with dental erosion. Hydrate with plenty of tap water every day (aim for 2 litres) After an exposure to acidic food or drink, rinse your mouth with tap water or drink a glass of water,

letting it wash over the teeth. An awareness of what you're putting into your body is the key to dental (and general) health. Get into a habit of reading labels on food and drinks – do you know what all of the ingredients are? If not, a quick internet search will empower you with the information needed to make healthier choices. Articles from Smile Solutions View Blogs Specialist Care Smile Solutions 18 Aug 2026 Endodontist vs Dentist for Root Canal: Why It Makes a Difference Read More General Smile Solutions 10 Aug 2026 Mouth Breathing: The Silent Habit That's Changing Your Face and Your Health Read More General Smile Solutions 3 Aug 2026 How Much Does a Dental Crown Cost in Melbourne? Materials Compared Read More Specialist Care Smile Solutions 18 Aug 2026 Endodontist vs Dentist for Root Canal: Why It Makes a Difference Read More General Smile Solutions 10 Aug 2026 Mouth Breathing: The Silent Habit That's Changing Your Face and Your Health Read More General Smile Solutions 3 Aug 2026 How Much Does a Dental Crown Cost in Melbourne? Materials Compared Read More Specialist Care Smile Solutions 18 Aug 2026 Endodontist vs Dentist for Root Canal: Why It Makes a Difference Read More General Smile Solutions 10 Aug 2026 Mouth Breathing: The Silent Habit That's Changing Your Face and Your Health Read More General Smile Solutions 3 Aug 2026 How Much Does a Dental Crown Cost in Melbourne? Materials Compared Read More View Blog Call Us 13 13 96 Location Level 1, 220 Collins Street Manchester Unity Building, Melbourne VIC 3000 Hours Of Service Monday – Friday: 8.00am – 6.00pm Saturday: 8.30am – 1.30pm Sunday: By Appointment Our Services General Dentistry Cosmetic Dentistry Orthodontics Specialist Care Dental Implants Children's Dentistry Emergency Dentistry Why Choose Us Our Team Media Awards Careers Technology Location Holistic Dentistry Quick Links Contact Us Articles Packages & Offers Dental Payment Plans Understanding Your Treatment Sitemap Privacy Policy Copyright © Smile Solutions. All Rights Reserved. This site is protected by reCAPTCHA and the Google Privacy Policy and Terms of Service apply. Close Our Services General Dentistry Dental Cleans and Hygienists Wisdom Teeth Emergency Dentistry Root Canal Tooth Fillings Chipped or Cracked Teeth Snoring & Sleep Apnoea TMD & Teeth Grinding Sport Mouthguards Dental Anxiety Cosmetic Dentistry Porcelain Veneers & Crowns Same Day Porcelain Veneers™ Composite Bonding Professional Teeth Whitening CEREC Restorations Invisalign® No Braces All-on-4® Dental Implants Gummy Smile Complimentary Cosmetic Consultation Orthodontics Invisalign No Braces Orthodontic Braces Children's Braces and Invisalign Jaw Surgery Dental Implants All-on-4® Dental Implants Conventional & Immediate Implants Dental Bridges Bone Grafting For Implants Dentures Specialist Care Oral & Maxillofacial Surgeons Prosthodontists Orthodontists Periodontists Endodontists Paediatric Dentists Complex Dentistry Children's Dentistry First Visit To The Dentist Children's Dental Emergencies Children's Braces and Invisalign Child Dental Benefit Schedule Kids Teeth Cleaning Tips Why Choose Us Our Team Our Location Technology Awards Holistic Dentistry Before After Gallery Payment Plans Packages & Offers Contact Us Call Us 13 13 96 Close Smile Solutions AI Assistant ■ Hello! I'm here to help you with questions about Smile Solutions. How can I assist you today? Popular questions: What services does Smile Solutions offer? How can I contact Smile Solutions What are your business hours? ■■ × 0 /1000 Contact Us Call Us 13 13 96 Location Level 1, 220 Collins Street Manchester Unity Building, Melbourne VIC 3000 Hours Of Service Monday – Friday: 8.00am – 6.00pm Saturday: 8.30am – 1.30pm Sunday: By Appointment Close Book Now