

Dental Cavities. How does your diet affect your teeth? - Smile Solutions

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roll-ups and Minties. However, even some things that sound healthy – like dried fruit and honey – can stick to the teeth for some time, increasing the risk for dental decay. Instead of snacking on dried forms of fruit, reach for fresh fruit varieties or confine these foods to meal times. Dental erosion is the irreversible loss of the tooth surface layer due to acid exposure. Dental erosion thins the strong, protective outer enamel layer of the teeth and in turn increases the chance of decay. Dental erosion makes the teeth appear thin and translucent, and it can also make the teeth very sensitive and uncomfortable. Foods such as lemons, limes, tomatoes and vinegar (particularly in salad dressings), as well as drinks such as those mentioned above, all contribute to dental erosion. Often people will choose to drink fruit juices as a healthy option to water, but fruit juices are high in acidity and sugar. It is best to eat fresh fruit, rather than drink juices, to gain the benefits of fibre and extra nutrients. Again of significance are not only the amount but more importantly the frequency of how these foods and drinks are consumed. It's not all bad news. There are many foods (and pure juices made from these) that are recommended to reduce the risk of dental cavities and erosion. These include: fresh fruits and vegetables such as carrots, apples, celery and cucumber nuts and legumes dairy foods, including cheese, low-fat & low- sugar yoghurt and plain milk eggs white and red meat seafood. Overview Eat sugar -containing foods only occasionally. If consuming these foods, try having them with or around meal times. Drink acidic and sugary drinks only very occasionally. When consuming them, do so with meals and through a straw. Water is best to promote healthy saliva and cleanse the mouth after meals. Reduce snacking on sticky and sugary foods in between meals. Instead snack on tooth-friendly foods. Rinse your mouth with water after meals and snacks. Avoid sugar with tea and coffee. Avoid eating before bed, particularly sugary, sticky foods. Chew sugar -free gum after snacks and meals to stimulate saliva flow and clear food from the teeth. In a nutshell, always have regular dental check-ups and cleans with your dentist and dental hygienist and be sure to have conversations with these dental professionals to maximise your oral health education and reduce your risks for dental cavities and dental erosion. 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? 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