

## Five Foods Your Dentist Would Hate To See You Eating

If there is one thing that almost everyone can agree, we all hate going to the dentist. I guess it's not fair, really. Most of the dentists I have met have been really nice people. So, it is not really about the dentists, themselves, it's what they do. It's about those drills and things, isn't it? All that prodding around in your mouth and those injections and- STOP! Well, there is one great way to make sure we only ever need to go to see the dentist for our regular check-up and that is to keep our mouth, teeth and gums in good shape. And if that is not enough, well, research has shown that keeping your mouth clean and healthy is really important to your overall health too.

So, here are five things you really should avoid if you want to keep that mouth of yours in great shape.

### 1 Granola and Power Bars

Yes, these are really yummy...but really bad. They are just packed full of sugar. And as Yale Kroll from the DDS says, we all know what sugar does to our teeth, don't we? So, best to stay away from these and try a more natural alternative. A piece of fruit or cheese will be much healthier for you.

### 2 Water With Lemon

Now, you would think that just some plain water with a slice of fruit would be fine, wouldn't you. Unfortunately, the acid in the lemon will cause the enamel covering of your teeth to disintegrate. As the American Dental Association's Kim Harms says, it's not just about the nutrition in food, it is also a matter of how it impacts upon the body physically. So, if you have a craving for lemon water, please drink it with a meal.

### 3 Espresso With Cream or Milk

There have been so many articles, recently, on the health benefits of coffee, so it seems a little strange to see this one on the list. However, it is not the espresso that is the potential problem. The problem is the four teaspoons of sugar you pile into the cup to make it drinkable. If you then add half-and-half, you are just making the problem worse. So, yes, enjoy your espresso, but have it black and without sugar. Just like the Italians intended!

### 4 Caramel

All the time that caramel clings to your teeth, micro organisms are multiplying and attacking them. If you really need that sugar 'hit', the best solution is to go for chocolate. It dissolves in the mouth quickly, which means that your saliva will help clean away all the gremlins in double-quick time.

### 5 Liquor

Yes, it had to come. Drinking alcohol is also bad for your teeth. Not, this time, because of sugar content, but because alcohol makes you dehydrated. When you are dehydrated, then your body makes less saliva. So, your mouth's natural cleaning mechanism is not working at full capacity. So, if you are going to have a few drinks- have a few glasses of water too!