

# Consuming Sugary Foods and Beverages That Are Harmful For Healthy Teeth

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## Description

Our tooth and gums are impacted by all of the meals and drinks we consume. While some meals and drinks support strong teeth and healthy gums; others can cause erosion, tooth decay and the emergence of oral diseases. Many harmful impacts on health are caused by consuming sugary drinks including soda, sweetened coffee and energy drinks. They encourage insulin resistance, weight gain, and cardiovascular disease. It should therefore not be shocking that sugary drinks were detrimental to one's teeth and gums. These drinks injure our enamel in two negative ways: They are acidic, which feeds germs that cause cavities. *Streptococcus* mutants, which feed on sugar and create acids that services are provided or erode tooth enamel, are cavity-promoting bacteria. Hence, drinks like cola that are both acidic and sweet strike our teeth twice. In addition to being naturally acidic, they also promote the formation of more acid. Coke, carbonated beverages and other acidic drinks can cause permanent tooth damage if consumed frequently. Also, studies have revealed that use of sugar-sweetened drinks is linked to dental caries, or cavities, in young adults, which is a significant risk factor for tooth loss. Because sugar feeds the bad oral bacteria, those bacteria produce acids that erode tooth enamel. As a result, eating foods with added sugar is regarded as the primary risk factor for cavities. Remember that research has not demonstrated that natural sugars included in foods like fruits and milk products contribute significantly to dental caries. This is because natural sugar sources include protective substances like fibre and minerals and encourage saliva production in the mouth, both of which work to keep teeth and gums healthy. Yet, additional sugars like fructose corn syrup or table sugars can drastically worsen oral health by promoting the growth of cavities. Many studies have demonstrated a considerably increased incidence of gum disease and tooth decay in kids

and adults who consume diets high in added sugar. The most harmful things we can do to our teeth are to eat sweetened lozenges, caramels and lollipops while sucking on them. This technique lengthens the amount of time that sugar is in contact with our teeth, which is a major contributing factor to the formation of cavities. Consuming a great deal of sugar added can also damage our gums because it increases oxidative stress and inflammation, both of which can affect gum tissue. Poor dental health may be exacerbated by starchy foods like potato chips and refined carbohydrates like white bread and rice. Similar to how oral bacteria quickly digest added sugar, the sugars in carbohydrate sources like white bread and crisps cause acid that erodes enamel. A higher risk of cavities has been associated with eating a lot of these foods. Increasing the cavity-causing impacts of sugar is possible with starchy foods. Because starches are sticky, sugar sticks to the teeth for a longer period of time, creating an acidic environment in the mouth. Our dental health may be enhanced by substituting more nutrient-dense carb sources, such as a whole as well fruits, yams and whole grains, for processed starchy foods, such as white bread and potato chips. Alcoholic beverages are bad for our teeth, especially those who have added sugar or acidic substances. Alcohol consumption is regarded as a significant risk factor for mouth cancer since it alters the mouth's lining's permeability, making it more susceptible to substances that could cause cancer. Alcohol may alter the balance of oral flora, raise salivary acidity, boost appetites for highly appealing, processed foods, and create dry mouth, all of which may lead to tooth decay. Ice chewing is a behaviour that could exacerbate fractured teeth. Furthermore, chewy candies with a sticky coating, such as caramel and taffy, can adhere to teeth and raise the risk of taking out dental fillings. Avoiding or keeping away from some meals and drinks is necessary for maintaining excellent dental health.