

The Frequency of Sugar Consumption Linked to more Cavities

Sugar is an organic compound, but the white refined substance you are used to seeing is a compound known as sucrose. Sugarcane plants or sugar beets are where we get most of the sugar that we eat. It is a simple carbohydrate that does not contain the nutrients of more complex carbohydrates such as those found in whole grains, fruits, and vegetables.

Although sugar intake is linked to tooth decay sugar alone does not cause cavities. Cavities are caused by the interaction between bacteria and your diet known as dental caries. Dental caries is the medical term for tooth decay or cavities.

The risk of tooth decay does not increase by the total of sugar you consume, but by the frequency that you consume it. Eating and drinking sugary products affects your teeth because particles of sugar can cause natural bacteria in your mouth to produce acid that remains on and between the teeth, around dental fillings and bridgework, and near the gum line, which destroys enamel by changing the pH balance.

To help prevent cavities from the affects of eating sugar brush and floss properly and regularly to limit the amount of plaque and bacteria in your mouth. Avoid eating sugary snacks in between meals and less often throughout the day. Chewing gum that contains xylitol can help reduce bacteria in the mouth because the bacteria cannot use it as a food source.

Limit foods and drinks that contain sugar to keep the amount of acid in your mouth to a minimum. Some of those items include soft drinks, fruit drinks, citrus fruits, sweet baked goods, sugary cereal, candy, potato chips, and french fries. How often you eat is just as important as what you eat and learning how sugar in foods affects your oral health is a step toward cavity prevention.

Visit [client website removed] to learn more about preventative care and other information for maintaining complete oral health.