

Smoothies Can Damage Your Teeth And Cause Tooth Decay

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By Dental Health Magazine staff

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Fruit juices and smoothies can be as acidic as fizzy [drinks](#) and if consumed regularly can **contribute to erosion of tooth enamel**.

Dentists have warned the current popularity of fruit smoothies could lead to widespread tooth damage. The growing popularity of fruit smoothies could lead to an epidemic of tooth damage, dentists have warned.

It was claimed last week that the fruit drinks could be twice as healthy as first thought.

Dentists advise that it is best to **brush teeth** with a [fluoride](#) toothpaste **before** drinking fruit juice as this helps strengthen the enamel against the corrosive effect of the acidic juice.

But most people still brush their teeth after breakfast, for example, when their **tooth enamel has been weakened by fruit juice and brushing can be harmful**.

Dr Nigel Carter, the chief executive of the British Dental Health Foundation, said: "Once you have eaten your breakfast the protective enamel on your teeth is softened temporarily for up to one hour.

"If you brush your teeth at this point, before the enamel has had a chance to harden again, you can **risk eroding away the enamel** and this can also increase your **risk of suffering tooth decay**."

A survey found that almost a third of people believe fruit smoothies are good for teeth. Other results from the survey include:

- More than one in three people brushes their teeth for less than a minute, when two minutes is recommended.
- One in four thinks that using an electric toothbrush is "lazy" but actually it can be more effective.
- One in five can't remember when they last changed their toothbrush when it should be changed every three months.
- One in three brushes their teeth only once a day or less.

Dr Carter said: "While fruit smoothies can be a good way to get people to consume more fruit, the high concentration of sugar and acids means that they can do real damage to the teeth if sipped throughout the day.

"Every time you sip on a fruit smoothie your teeth are placed under acid attack for up to an hour, so constantly sipping on these drinks can cause the protective enamel to erode, causing pain and sensitivity. It can also lead to decay."

Dentists advise the best policy is to brush your teeth before drinking fruit juice, as this helps protect against the damaging effect of the acid contained in the juice.

Brushing immediately after drinking juice can cause damage as the tooth enamel can be weakened by the acid content.

By BBC and Telegraph