

Fruit Juice May be Bad for Your Teeth as Soft Drink

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Many people try to resist eating sugary treats and drinking soft [drinks](#) in an effort to reduce tooth decay. As such, many people often reach for a glass of juice as opposed to a soft drink. However, the question is: Is fruit juice really any better for your teeth than the sugary soda?

Not necessarily, according to the head of a leading [Dentistry](#) University in Australia. And the reason isn't just because of the sugar in the soft drink that causes problems with teeth.

Many of our favorite drinks, especially soft drinks and juices, contain citric acid which can dissolve the hard structures of your teeth, especially the exposed roots and the enamel, which leaves the inner parts of teeth exposed. This, in turn, leads to tooth sensitivity.

This dental erosion is common and research has determined that it affects up to 80% of children and 43% of adults.

Although the cola drinks that are dark in color are the worst offenders when it comes to dental erosion, some of the highly acidic juices, including orange, lime, and lemon, can do as much if not more damage to your teeth than other sugary soft drinks.

Also, in addition to the citric acid, many soft drinks, particularly the cola drinks that are dark in color, also contain phosphoric acid. The combination of these two acids is more resistant to the neutralizing effect of saliva. Cola drinks that are flavored with lemon also contain tartaric acid, which can also cause tooth problems.

Soft drinks and juices can also contribute to dental erosion by making the mouth more acidic, which provides the perfect growing environment for the bacteria which cause dental cavities.

Sugar free soft drinks also contain the same acids as other soft drinks. In addition, sports drinks have similar ingredients as soft drinks and to juices, and frequently when you drink them, you are dehydrated and your teeth don't have the effects of saliva to protect them.

You can neutralize acids from these drinks by: Chewing gum that is sugar free, drinking certain still mineral waters such as the ones that contain bicarbonates that neutralizes acid, and by rinsing your mouth with tap water.

Although it may seem counter intuitive, however, if you do have one of these drinks, the worst thing you can do is to brush your teeth. You should wait for at least ½ hour before brushing, since brushing will do even more damage to the enamel which is already softened.

You can also enjoy your favorite drink occasionally and avoid damaging your teeth if you: Eat a meal with your drink, don't sip your drink over a long period of time, drink juices and soft drinks through a straw so that the liquid bypasses your teeth, and drink water in between meal times.

It's also worth noting that the healthiest drink for your body is water. If you limit other drinks to occasional treats your entire body, including your teeth will thank you.