

Your Teeth's Top 5 Liquid Enemies, and How to Defeat Them

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When it comes to your oral health, there are quite a few substances attempting to **erode and stain your teeth**. Why are we consuming these substances if they are deteriorating our teeth almost immediately? You may be surprised to learn that **stains and cavities on your teeth** are caused by some incredibly popular drinks that many of you cannot make it through your day without.

Teeth are the hardest substance in the body, but it doesn't take long for the sugary, carbonated beverages we depend on daily to eat away at our beautiful pearly whites.

So what do sugary drinks do to our teeth exactly? We have all heard the term "cavity" but few people really understand what reactions are going on inside their own mouths to cause this tooth decay. Your teeth's main enemies are sugars and starches, which are commonly referred to as carbohydrates.

Unfortunately, your teeth's archenemies are your taste buds best friends. That's what can make this cavity ordeal quite an uphill battle.

When you consume carbohydrates a simple chemical reaction begins to occur. Your mouth is full of bacteria (the good kind) that begin to digest the carbohydrates you consume. When this reaction occurs the carbs you just ate become acids.

Plaque is formed on your teeth by the combination of that acid, bacteria, remnants of food, and even your own saliva to form plaque. As you probably know, it is this plaque that begins to eat away at the enamel of your teeth until cavities are formed or your teeth become stained.

Here is my list of the top 5 liquid enemies of your teeth:

1. Coffee

Coffee is one of your teeth's worst enemies. Caffeine use on a regular basis can cause your teeth to retain dark stains. The stronger the coffee the more likely it is to stain your teeth as it will contain more caffeine. If you must have your coffee, try and drink it before you brush your teeth in the morning, that way your teeth don't hold on to those harmful sugars and caffeine all day. Over time this can cause unsightly stains (not to mention bad breath all day).

2. Cola

Soda contains large amounts of caffeine, the dreaded enemy of your teeth's enamel, but also contains another detrimental factor, temperature. The cold temperature of soda causes your teeth to become more permeable. If you consume sodas during the day, try and keep some mouthwash handy to clear your mouth of harmful sugars and acids after you indulge.

3. Soy Sauce

It's difficult to imagine enjoying some sushi or Mongolian beef without this salty treat, but just like the other culprits on this list, soy sauce can cause horrible damage to your tooth enamel. Because of its dark pigment Soy sauce is known to alter tooth coloration over time. When enjoying oriental foods, take it easy on the soy sauce to avoid serious consequences.

4. Cranberry Juice

Fruit juice generally goes un-noticed when concerning oral health. Many people assume fruit juices to be healthy when they are in fact loaded with harmful sugars that can stain and decay tooth enamel. A lighter juice (such as apple) will not do as much damage as these darker juices simply because of their pigment so if you need your juice try and stick to those.

5. Tea

Just like fruit juice, many people associate teas with good health habits (green tea is full of antioxidants) but in the oral health game, tea doesn't play fair. Like the other liquids on this list, teas can discolor teeth over time and cause dark spots to appear. Try consuming these liquids with a meal to help reduce the sugars left behind on your teeth. Eating will produce more saliva and in turn rinse your teeth of harmful caffeine and sugars that teas can leave behind.

These reactions occurring in your mouth are perfectly natural, but when teeth are poorly cared for and plaque is not removed from their surface, some serious consequences can be realized. The point is if it can stain your carpet, it can stain your teeth so enjoy with caution!

About the Author

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