

## 6 worst healthy food for your cavity

Yes, you heard it right. Some healthy foods can harm your teeth. Weakening your teeth's enamel leaves them vulnerable to cavities.

Here are 6 healthy foods that harm your teeth

### Citrus fruits and juices

Citrus fruits and juices are healthy parts of your diet. But consuming citruses and juices can ruin your teeth's enamel. Leaving them at risk of cavity attack

### Red wine

Consuming Red wine moderately is healthy for your heart. It raises healthy cholesterol (HDL) and prevents blood clots. Plus it protects the arteries from high cholesterol (LDL). But, Red wine contains erosive acid that can damage your teeth's enamel. Leaving them vulnerable to cavities.

### Dried fruits

Most people consider dry food a healthy snack but it can harm your teeth. Dry fruits contain high levels of sugar and have a gummy consistency, which can be a major cause of tooth decay. You don't have to completely remove dry fruits from your shopping cart. You should take it in moderation.

### Tomato-based Pasta sauce

There is no doubt that tomatoes and pasta are both nutritious. Tomatoes provide vitamins B, E, and potassium. Pasta also provides fiber and energy, making it a healthy diet. Which can be really healthy for the stomach and lower cholesterol. Putting tomato-based sauce on pasta can corrode your teeth. Acidic tomatoes can break down the enamel in your teeth. Additionally carbohydrates in pasta feed bacteria that cause cavities.

### Peanut Butter

Peanut butter can help you lose weight and preserve muscle mass. It contains omega-6 which can lower high cholesterol and increase healthy cholesterol. Peanut butter contains sugar. Which can harm your teeth if they are not removed on time.

## Pickles

Pickles are full of healthy bacteria called probiotics. It helps with digestion and provides other benefits and relief from muscle cramps. But pickle juice is highly acidic which wears down your teeth's enamel.

## How to protect your teeth from cavities while enjoying your favorite food

Always remember to stay hydrated. Your saliva can help you break down or wash out food particles left in your mouth. Always brush at least one and a half hours after taking these foods. Brushing directly after eating highly acidic foods makes your teeth vulnerable to abrasion. We recommend cleaning your teeth twice a day, first after waking up and then before sleeping.

## When to visit a doctor

If you are suffering from cavities, it's a sign that your tooth enamel is already worn down. Cavities decay over time as more and more food particles enter your mouth daily. Brushing your teeth with worn-off enamel damages your teeth. Sometimes damages are irreversible or may be costly to fix. Delaying your dentist visit can worsen your cavity

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