



CAVITY CAUSERS that we recommend taking OUT of your child's diet!

Soda and Juice

The consumption of soft drinks, including carbonated beverages, fruit juice and sport drinks, in the United States has increased by 500% over the past 50 years. The continuing increase in soft drink consumption among adolescents raised a national concern. Sugar-containing soft drinks can be cariogenic and their low pH can cause erosion in teeth. Phosphorus (phosphoric acid) content of soft drinks may reduce calcium absorption and contribute to osteoporosis. Heavy consumption of sugar containing soft drinks can also lead to excessive amount of sugar intake, and is thus hypothesized to be associated with the current epidemic of obesity and type II diabetes among children in the United States.

Candy, Dried Fruit and Gummy Snacks/Vitamins

The truth is when your child eats candies, gummies, and dried fruit the resident bacteria in their mouth enjoys the sugar as much as your child does. The bacteria lives, plays and shares the remaining food your child eats. Bacteria in your child's mouth starts consuming and produces acid as a product. This acid dissolves the enamel of the tooth, which leads to dental decay, or cavities. Through dental research it is a fact that gummy snacks, candy, and dried fruit can stay in the grooves and pits of your child's teeth for up to six hours causing damage every hour that passes.

Cariogenic Carbohydrates:

Any food that contains carbohydrates that can be metabolized by bacteria in plaque is described as cariogenic. Foods such as crackers, chips, cookies, etc. although some not sweet, are cariogenic because they contain refined carbohydrates that stick to the teeth. They remain in the mouth long enough to be broken down into the sugars that can be used by bacteria.

**Please contact the office
if you have any questions or concerns!**



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