



# Dental Dangers

## 5 types of food to avoid

- ① **HIGH IN SUGAR.** Promotes tooth decay.  
**Top culprits:** candy, cakes, cookies, jams, cereals, canned fruits, barbecue sauce, ice cream, reduced-fat dairy
- ② **HIGH IN STARCH.** Breaks down into sugar; easily sticks to and gets between teeth.  
**Top culprits:** bread, potato chips, crackers (especially saltine), cereal, white rice, pasta, pretzels
- ③ **ACIDIC.** Wears down the enamel, leaving teeth vulnerable to decay.  
**Top culprits:** citrus fruits, sugary drinks, fruit juice, tomato soup
- ④ **STICKY.** Gets into cracks and crevices in and between teeth to promote decay.  
**Top culprits:** taffy, caramel, gum drops, gummies, granola bars
- ⑤ **HARD TO BITE.** May loosen weak teeth or cause chipping.  
**Top culprits:** hard candies, lollipops, bones, unpopped kernels, ice



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