When to brush your teeth

Consuming acidic foods and beverages, such as sports and energy drinks, citrus fruits, wine, and tomatoes, can erode tooth enamel—the glossy outer layer of the tooth. Brushing your teeth too soon after eating and drinking these items can cause more damage because you are essentially brushing the acid into the teeth, not getting rid of it, say experts at the Academy of General Dentistry. Instead, you should rinse your mouth with water after consuming acidic foods and beverages and wait at least 30 minutes before brushing your pearly whites!

© American Institute for Preventive Medicine. All Rights Reserved. www.HealthyLife.com