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## Five Habits to Ditch if You Want to Keep Your Smile Bright

Our Friends · Thursday, January 30th, 2020

Everyone wants to have a perfect smile, but the truth is, like with everything, it takes some work to keep your pearly whites, well, pearly white. Sometimes we slip into health and lifestyle habits that we are not all that aware of. These can play havoc with one's dental health.

The next time you go to the dentist, you can [maintain your dental health](#) by discussing which foods are ok and which to stay away from. In the meantime, get a head start by ditching these five bad habits.

### 1) Snacking

Although healthy snacking is great for keeping your energy levels up, it can negatively impact your dental health. The frequency of your snacking is what counts. Not something you would have thought about really, but this habit is a key player.

The problem is that snacking causes a “plaque reaction.” When the plaque bacteria we all have in our mouths interacts with starches or sugars, it creates plaque acid. This weakens your tooth enamel and leads to accelerated tooth decay and cavities. The plaque acid can be active for up to 20 minutes following a snack.

If you reduce your snacking, use mouthwash afterward, and make sure to brush twice a day. This will go a long way towards protecting your teeth.

### 2) Consuming Food and Drink That Stain Your Teeth

We all love that cup of coffee or tea, especially in the morning, but these beverages are serious offenders when it comes to tooth discoloration. Red wine is also at the top of the list. Maybe cutting these drinks out is not what you want to do, but you can limit your intake to lessen the effect they have on your teeth.

You can also make sure to go for teeth cleaning sessions every six months. Additionally, you can get your teeth whitened by your dentist, or with store-bought products you can use at home.

Limiting tea, coffee, and red wine intake and regular cleanings are thus the best way to go.

### 3) Sinful Sugar

This one we all know – sugar is a huge problem for teeth. It is one of the major causes of tooth decay, especially for children and even babies. Even natural substances like milk and honey have high sugar content. If you have a sweet tooth, it may be time to start cutting down.

You can also make sure to use mouthwash or do a quick brush after having anything with a lot of sugar. Be careful not to over brush, though, as this can cause other problems.

#### **4) Leaving out Flossing**

With our busy lifestyles, flossing is an easy thing to end up at the bottom of the to-do list, but dentists assure flossing is one of the best things you can do for your dental health.

Flossing removes food from between the teeth that causes decay, gingivitis, as well as bad breath. As the saying goes, “only floss the teeth you want to keep.”

#### **5) Forgetting to Brush**

We all forget to brush now and then, but if this becomes a habit, you are sure to have dental problems.

Studies prove that brushing twice a day, morning and evening, and particularly after having breakfast, is essential for keeping your teeth healthy. It reduces plaque buildup, reduces staining action, and helps with bad breath.

This goes hand in hand with making sure you pay a visit to your dentist twice a year. Nobody is going to scold you for missing one of your six month appointments, but putting off visits year after year will lead to problems later. Book an appointment today and protect your future!

This entry was posted on Thursday, January 30th, 2020 at 4:26 pm and is filed under [Lifestyle](#), [Sponsored](#)

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