

# 7 FOODS THAT ARE BAD FOR YOUR TEETH AT CHRISTMAS

Christmas is a time of family, presents, Santa Clause and of course, food. Our day centres around the meal, and even when we aren't sitting down for the turkey, we catch ourselves snacking. With the help of Dentists-Near-Me.co.uk you can suss out the surprisingly naughty Christmas foods, and eat them in moderation, because let's be honest, how many of us actually want to give up Christmas pudding or a glass of Chardonnay over the holidays?



## Christmas Puddings and Mince Pies

Though a popular choice for an after dinner dessert, these traditional pud's aren't all that great for your teeth. These little devils are full of dried fruits, which leave our teeth coated in sugars that trap bacteria, and aid tooth decay.



## Oranges and Tangerines

Citrus fruits contain high levels of acidic juice which can erode the enamel on your teeth. We of course don't recommend cutting these out of your diet, however instead of filling your children's stockings with oranges this Christmas, you could actually opt for dark chocolate! The cocoa beans contain lots of antioxidants that prevent tooth decay and gum infections.



## Eggnog

We love a bit of eggnog over the Christmas period, but having a tippie or two in your glass can affect your teeth. The alcohol actually decreases the amount of saliva production in your mouth and irritates the gums.



## Whole Almonds

Whether sugared or not, almonds are actually very hard and can damage brittle teeth particularly in older people when they bite down on them causing a fracture. Perhaps choose sliced almonds instead for people with brittle teeth.



## White Wine

Rather than drinking white wine which has high acidic levels that can erode the enamel on your teeth, opt for a glass of red instead. Red wine might be able to help prevent tooth decay by killing harmful bacteria in your mouth.



## Dried Fruit

Otherwise known as the healthy option at the Christmas party, dried fruit is in fact not all that great. The sugary coating sticks to the teeth and traps high levels of bacteria that can hang around for a long time and cause tooth decay.

## Pickled Food

It's the office party, and you want to impress. Pickled foods aren't always the best option for your breath...or your teeth. Not only are pickled foods high in sugars, but the vinegar is actually highly acidic and can de-mineralise your teeth, contributing to tooth decay.



## Cheese

The perfect after dinner treat for your teeth! It's no wonder we love a cheese board in place of a dessert at the end of a meal. You can also enjoy a piece of cheese after a sugary snack like the Christmas pudding, as it restores your mouth's natural acidity levels for healthier teeth!

Yes, it feels like the 'naughty' list is ever growing but Matt Nejad of Dentists-Near-Me.co.uk has some wise words for us all: "I don't think any of these foods or drinks need to be avoided on Christmas day itself, however enjoying them in moderation in the run up to Christmas will benefit your oral health".

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