

# Food Recommendations

<i><b>INSTEAD OF THIS:</b></i>	<i><b>EAT THIS:</b></i>
Doritos	Pringles Regular Lays Chips Baked Chips
Fritos	
Corn Chips	
Pretzels	
Crunchy Cheetos	Puffed Cheetos
Hard Tacos	Soft Tacos
Skittles	Sugar Free Gum
Starburst	
Gummy Candy	
Bubblegum	

<i><b>INSTEAD OF THIS:</b></i>	<i><b>EAT THIS:</b></i>
Butterfingers	Plain Hershey Bars Plain M & M's Reeses Peanut Butter Cups Three Musketeers
Peanut M & M's	
Snickers	
Pay Days	
Popcorn	Puffed Corn
Regular Soda	Diet Soda
Gatorade	G2 Powerade Zero Propel
Powerade	

**Sugar + Plaque = Acid → Swollen Gums + White Spots + Decay**

*\* The two main food groups to stay away from are hard & crunchy, sticky & chewy \**

***WATER IS ALWAYS A GREAT CHOICE***

While sports drinks generally have less cavity-causing sugar than cola, sweetened juices and flavored iced teas, a recent study in General Dentistry found that popular energy drinks actually have significantly more citric acid and cause three to eleven times more enamel erosion. To minimize tooth damage, says study author J. Anthony Von Faunhofer, Ph.D., a professor of Biomaterial Science at the University of Maryland Dental School, avoid nursing a sports drink for hours and, after drinking, rinse with water to flush residual acid off teeth. Because toothpaste is an abrasive, which in the presence of acid can compound erosion, you should also hold off brushing for 30 minutes. Finally, don't drink sports beverages in the evening, when our bodies produce less saliva, which helps rinse acid off teeth naturally.

