

# How to Sidestep Dental Dangers

5 types of foods to avoid



<p><b>High in sugar</b> Promotes tooth decay. <b>Top culprits:</b> candy, cakes, cookies, jams, cereals, canned fruits, barbecue sauce, ice cream, reduced-fat dairy</p>	<p><b>High in starch</b> Breaks down into sugar; easily sticks to and gets between teeth. <b>Top culprits:</b> bread, potato chips, crackers (especially saltines), cereal, white rice, pasta, pretzels</p>	<p><b>Acidic</b> Wears down the enamel, leaving teeth vulnerable to decay. <b>Top culprits:</b> citrus fruits, sugary drinks, fruit juice, tomato soup</p>	<p><b>Sticky</b> Gets into cracks and crevices in and between teeth to promote decay. <b>Top culprits:</b> taffy, caramel, gum drops, gummies, granola bars</p>	<p><b>Hard to bite</b> May loosen weak teeth or cause chipping. <b>Top culprits:</b> hard candies, lollipops, olive pits, unpopped kernels, ice</p>



## Want to know more?

Check out nutrition and oral health articles, videos, recipes and more on [mysmileway.com](http://mysmileway.com)



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