

Worst Foods for Teeth: Make Sure to Brush After Eating These Seven Foods

By now, we all know the basic recipe for healthy pearly whites, including regular brushing and flossing, and a diet rich in teeth healthy food. What we might *not* realize is how some food choices can contribute to the wear and tear of teeth.

So what makes a food bad for your smile? Matt Messina, D.D.S., consumer adviser for the American Dental Association and a dentist in private practice in Cleveland, Ohio, explains to HuffPost that bacteria living in the mouth burn sugars in order to live. The byproduct of this burning is acid — which dissolves tooth enamel and causes cavities.