

MEET YOUR MOUTH

IT'S PART OF YOUR BODY



Your Mouth and Sugar

Harmful bacteria feed off sugar and creates acids that damage your enamel. Enamel is the shiny, outer layer that protects your teeth from decay.

When you eat sugar, it interacts with your plaque and creates an acid. The acid is what causes tooth decay, not the sugar directly.

Tooth decay can turn into tooth abscesses, which is caused by a bacterial infection and may require your tooth to be extracted.

Sugar is sugar, even when it's disguised as corn syrup, fructose, high-fructose corn syrup, honey, or maltose, for example.

The recommendation of added-sugar intake is less than 100–150 calories per day, or 24–36 grams.

Flossing daily and brushing twice a day with fluoride toothpaste will help you maintain a healthy mouth.

More Information

