

When to brush your teeth

Consuming too much acidic foods and beverages can erode the outer enamel that protects your teeth. In general, if what you are eating is citrus-based or citrus-flavored, carbonated or sour, it's best to limit them. The major cause is soft drinks and sports drinks. With healthy, higher acid foods like tomatoes and citrus fruits, it's best to eat them as part of a meal.

Brushing your teeth too soon after eating and drinking these items can cause more damage because you are essentially brushing the acid into the teeth. Instead, you should rinse your mouth with water after consuming acidic foods and beverages and wait 60 minutes before brushing your teeth to give your saliva time to wash away the acids.

