Best Tips to Prevent Cavities

An article tells about the common problem – cavities and provides the list of tips how to prevent this problem.

Eating and drinking various food every day can cause cavities, they are small holes on the surface of your teeth. Try to avoid eating a lot of sweets, soda and other products that contain a lot of sugar. Try to drink some vitamins and to eat a lot of fresh fruits and vegetables. You can find more information about oral care on the website.

Look at the best tips that will help to prevent cavities.

Best tips to prevent cavities

Brush teeth two times a day

To have a perfect smile and healthy teeth, brush them at least two times a day. Of course doctors recommend brushing teeth after every meal, but if it is impossible to do it, use pure water to gargle your throat.

Use a mouthwash

Use a mouthwash to prevent your teeth from cavity. It has to be an alcohol-free mouthwash, that contains fluoride.

Stop eating a lot of sweets

Remember, that, such products as sweets, cakes, soda, chips and other kinds of food that contain a lot of sugar, destroy your teeth. If you have a great desire to eat something sweet, brush teeth immediately after the meal. Avoid eating lollipops, they are the most dangerous kinds of sweets, better choose the piece of the dark chocolate.

Try to eat raw fruits and vegetables

Raw fruits and vegetables contain a lot of vitamins. Choose such crunchy veggies as carrots, cucumbers, fruits-apples and pears. They act like the soft abrasives.

Buy gums without sugar

Buy gums that don't contain sugar. Chew the gum every time after having the meal. But remember, it is dangerous to chew gum for a long time, it may be the reason of some stomach problems.