

Between Meals: How to Avoid Acid Attack

To stop the damage that acidic foods are doing to your teeth you need to make small adjustments in the way you eat and drink some foods. You can do this in three ways.

- ✓ Choose alternative snacks and drinks to reduce how often you have acidic drinks and foods.
- ✓ When you do have acidic foods, have them with other foods, at mealtimes rather than snacks.
- ✓ Make sure that acidic foods and drinks are in contact with your teeth for the shortest time possible (e.g., eat things at one sitting, use a straw for drinks, not sipping or holding drinks in your mouth).

✓ SAFE Snacks between meals



Vegetables

Breadsticks, crackers (unsalted)

Tortilla chips (baked, not fried)

Cheeses*, milk-based products (e.g. natural yogurt)



Nuts, pumpkin seeds, sunflower seeds, hummus

Plain popcorn (not sweetened or buttered)

✗ Foods to AVOID between meals



Fruits, particularly citrus fruits

Tomatoes

Vinegars particularly apple cider vinegar, pickles, ketchups



Lemon juice-based salad dressing



✓ SAFE Drinks between meals



Water

Milk*



Tea/coffee without sugar

Herbal teas without fruits/citrus flavour



✗ Drinks to AVOID between meals



Carbonated drinks except unflavoured sparkling water.

Carbonated diet drinks, sports and energy drinks

All juices, particularly citrus fruit juices

Smoothies

Vitamin C drinks

Beer and wine



Fruit teas, herbal teas with fruit/citrus

*Choose low-fat options when available