

Foods That Stain Teeth

If a food can stain your carpet or T-shirt, it can stain your teeth too.

1. **Black Coffee:** Try adding a splash of milk to lighten it up.
2. **Tea:** Avoid darker-colored teas, like English Breakfast and Earl Grey.
3. **Red Wine:** Opt for white wine.
4. **Sodas:** Opt for a seltzer.
5. **Sports Drinks:** water is simply the best!
6. **Vibrantly Colored Fruits:** Berries, Cherries, Grapes, Pomegranates..... Juices and pies made from them can also stain. An apple is a better choice.
7. **Citrus Fruits**
8. **Popsicles or Slushies:** Choose a lemon ice instead
9. **Deeply colored sauces:** Soy Sauce, A1 Sauces, BBQ sauce, marinades
10. **Balsamic Vinegar:** Use rice vinegar, or a spritz of lemon juice.
11. **Tomato & Tomatoes Sauce:** Eat veggies like lettuce, spinach or broccoli first to form a protective film over teeth, so foods that stain can't seep into your teeth's pores.
12. **Beets**
13. **Curry**
14. **Mustard**
15. **Deserts**
16. **Chocolates**
17. Medication: **Peridex**
18. **Cigarette smoking:** nicotine content
19. **Or al Hygiene Products:** chewing gums, mouth rinse, tooth paste with colors.
20. **Candies, Sweets:** If your tongue changes colors, your teeth will be affected, too.

To Minimize Staining:

- * **Cut Back top offenders**
- * **Use a Straw to drink**
- * **Don't let stain-causing foods and drinks linger in your mouth for long**
- * **Swish with water ASAP, or brush.**

It is recommended that you avoid staining foods and drinks for at least 48 hours after in office whitening



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