



**FILIPA MARIA
ROQUE DDS**

DIRETOR PEDIATRIC DENTISTRY
MALO CLINIC LISBON

CONSUMPTION OF SUGARY FOODS



Is there a better time of the day to eat sugary foods?

The ideal time for the consumption of this type of food is the end of the main meals, because by then other foods were already ingested, with consequent reduction of the pH of the oral cavity. This way, we will reduce the number of times our oral cavity is acidified.

Is it important to perform a proper oral hygiene after eating this type of food?

After eating, especially after the ingestion of sugary foods, there is a decrease in the pH of the oral cavity. This acidification of the oral environment leads to a dental demineralization and favours the appearance of bacterial plaque. Saliva plays an important role in pH normalization as it helps to neutralize acidity and protect dental structures, but only with oral hygiene food waste is eliminated and the pH of the mouth is normalized.

What can happen if this oral hygiene is not done correctly?

Inadequate or absent oral hygiene after the ingestion of sugary foods can lead to tartar formation, which may result in the onset of periodontal diseases.

For dental health purposes, is it preferable to eat a chocolate egg or a chocolate chip cookie?

If I had to choose one of these foods, I would say the one that is considered less cariogenic is the chocolate egg. Although both are rich in fermentable carbohydrates and therefore contribute to the development of dental caries, their consistency is different. The egg will be easier to remove from the surface of the teeth and, therefore, the less cariogenic. Foods with a stickier consistency, such as chocolate chip cookie, are more cariogenic, since they remain longer on the dental surface because they are harder to remove.

What should we do after eating these foods with a stickier consistency?

Whenever this type of foods are ingested it is advisable to carry out the brushing of the teeth and to use of dental floss, in order to completely remove from the teeth the remains of those sticky foods.