

5 WORST HALLOWEEN SWEETS FOR YOUR TEETH



Along with pumpkins and scary costumes, **sweets are part and parcel of the Halloween experience**. Although Halloween may be to be about trick or treating this year, people will still be indulging in sweets and chocolates as part of the Halloween tradition - but be warned – some sweets are far worse than others for your teeth.

Holford Partners Curaden is a London-based dental practice whose reputation for high standards and personal attention to detail has seen them voted by **The Parliamentary Review 2019** as the Best Practice and Dentistry Sector Leader. Here, they reveal **5 of the worst Halloween sweets for your teeth**.

- 1. Caramels** – caramels, toffees, and other sticky treats get stuck in your teeth (as well as orthodontic appliances) and **can be hard to dislodge**. Rinsing with water will limit the amount of time it has to stick around.
- 2. Lollipops** – lollipops and other hard sweets may be tasty, but they're also very harmful for your teeth. Since they're designed to be enjoyed slowly, this makes it difficult for your saliva to do its job and causes **acid build up in your mouth**.
- 3. Candied apples** – apples are acidic in their own right but adding a crunchy layer of candy or caramel to the mix can cause some **serious drama for your teeth** – **even causing chipped teeth** at times. Not to mention the fact that caramels and other sticky foods can and **will get stuck inside every little space** inside the mouth!
- 4. Sours** – sour and citrusy sweets have become particularly popular in recent years but are one of the worst options for your teeth. They contain **both a lot of sugar and acid** – a potent, enamel-eroding mixture.
- 5. Jawbreakers** – these candies are scarier than Halloween itself! The reason dentists don't like these candies is pretty clear from their name – **as they can very easily cause damage to the teeth**. And while it should go without saying, kids with braces should definitely steer clear of Jawbreakers as they'll **undoubtedly cause damage to brackets and wires too**.

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