Many of the foods and drinks we enjoy are highly acidic. Acid can soften and erode tooth enamel especially if it is in the mouth *often* and allowed to *linger*. Don’t let YOUR teeth erode away!

**Stop Tooth Erosion by...**
- Drinking water when thirsty
- Limiting acidic food and drinks and keep to meal-times
- Drinking through a straw and not ‘swishing’ around the mouth
- Rinsing with water or drinking milk after anything acidic, AND
- Avoiding toothbrushing for about 1 hour after as the teeth can abrade easily

**pH is a measure of the acidity of substances. When the pH goes below 5.5 tooth enamel can begin to dissolve**