

Teeth-Friendly Options for Valentine's Day:

Because Your Little Sweetheart is Sweet Enough

Valentine's Day is indeed a day to celebrate! It's the one day a year where both young and old are encouraged to give cards, candy, flowers, and even a friendly hug, to those we hold most dear. Although given to another from the heart, some options are better than others when it comes to your oral health.

Valentine candies are hard on your teeth.

Lollipops and cinnamon hearts take a long time to eat, coating your teeth with sugar. Mouth bacteria kicks into high gear and produces an acid that erodes enamel, leaving your teeth susceptible to decay.



If you give a sugary treat, make it chocolate.

Because chocolate melts in your mouth, it's less likely to stick to your teeth. Plain chocolate is best because those containing candy, nuts or caramel can become lodged in teeth crevices.

Cinnamon sugar-free gum is a great alternative.

Sugar-free, cinnamon flavoured gum stays within the theme of our favourite Valentine treats and doesn't create an environment for mouth bacteria to break down protective teeth enamel. Instead, it freshens breath on the most kissable day of the year.



Nothing says *I love you* like a toothbrush.

Instead of killing your loved one with kindness by giving them sugary treats, why not give them something that shows you value their health and wellbeing? After all, the mouth is the gateway to the body, so it's important to keep it clean...

