



hypersensitivity were more likely to report a drinking habit such as sipping, swishing or holding drinks in the mouth, compared to those without dentine hypersensitivity. So those with dentine hypersensitivity might not always have tooth wear, and people with tooth wear might not have dentine hypersensitivity. ➤











## REFERENCES

1. O'Toole S, Bernabé E, Moazzes R, Bartlett D. Timing of dietary acid intake and erosive tooth wear: A case-control study. *J Dent.* 2017; 56:99-104.
2. O'Toole S, Bartlett D. The relationship between dentine hypersensitivity, dietary acid intake and erosive tooth wear. *J Dent.* 2017; 67:84-87.
3. O'Toole S, Newton T, Moazzes R, Hasan A, Bartlett D. Randomised Controlled Clinical Trial Investigating The Impact of Implementation Planning on Behaviour Related to The Diet. *Sci Rep.* 2018; 8(1):8024.

**PATIENT RESOURCE:** The following diet prompt sheets were used in Dr. O'Toole's study on patient behaviour change<sup>3</sup> and have been adapted and reprinted in CDA Essentials, with permission.

## Dietary Tips for Preventing Erosive Tooth Wear

Protecting your teeth against acid attack should be part of an overall balanced diet and these suggestions should help you keep to an eating pattern which is healthy – not too high in fat, salt, sugar and alcohol with plenty of vegetables and fruit at mealtimes.

Swap this	For this	Helpful tips
Carbonated flavoured drinks 	Water, Sparkling Water, Milk*, Tea, Coffee 	<ul style="list-style-type: none"> <li>• If you do have carbonated drinks, have them as infrequently as possible and over a short time period.</li> <li>• Try not to sip, swish or hold the drinks in your mouth.</li> </ul>
Juices 	Water, Milk*, Tea, Coffee 	<ul style="list-style-type: none"> <li>• If you are going to have juices try and drink them only with meals.</li> <li>• Try and dilute them with water to gradually wean yourself off the taste.</li> </ul>
Wine, Beer, Cider. Spirit with mix 	It is always better to drink alcohol with meals. 	<ul style="list-style-type: none"> <li>• Remember to drink alcohol sensibly</li> <li>• Most mixers are acidic so try to cut down on these outside of meals.</li> <li>• Try to avoid putting slices of lemons/limes in your drink.</li> </ul>
Fruits as snacks 	Vegetables – carrot sticks, celery sticks, cucumber, peppers; Nuts; Cheese* 	<ul style="list-style-type: none"> <li>• Try and eat fruits with meals, as a dessert.</li> <li>• If you can, snack on vegetables.</li> <li>• If you are going for a fruit as a snack avoid citrus fruits and apples. Try a banana or a plum instead.</li> <li>• Try to eat the fruit over a small time period, i.e. have 10 strawberries/grapes at once rather than nibbling on one every few minutes.</li> <li>• Try to eat any acidic foods with something that contains calcium e.g. yogurt* or milk*</li> </ul>
Vinegars, pickles, ketchups, lemon juice-based dressings 	Mayonnaise* 	<ul style="list-style-type: none"> <li>• Try to reduce the amount of these dressings that you put on foods</li> <li>• If you can, avoid having them on foods in between meals</li> </ul>

\*Try to choose low-fat alternatives

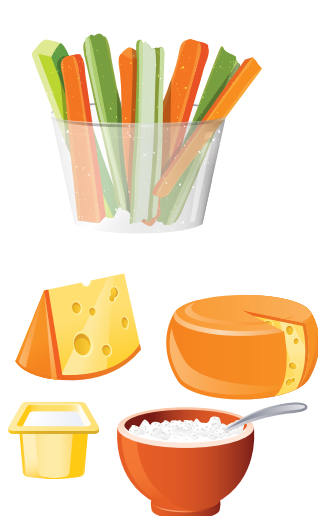


## Between Meals: How to Avoid Acid Attack

To stop the damage that acidic foods are doing to your teeth you need to make small adjustments in the way you eat and drink some foods. You can do this in three ways.

- ✓ Choose alternative snacks and drinks to reduce how often you have acidic drinks and foods.
- ✓ When you do have acidic foods, have them with other foods, at mealtimes rather than snacks.
- ✓ Make sure that acidic foods and drinks are in contact with your teeth for the shortest time possible (e.g., eat things at one sitting, use a straw for drinks, not sipping or holding drinks in your mouth).

### ✓ **SAFE Snacks** between meals



Vegetables

Breadsticks, crackers (unsalted)

Tortilla chips (baked, not fried)

Cheeses\*, milk-based products (e.g. natural yogurt)

Nuts, pumpkin seeds, sunflower seeds, hummus

Plain popcorn (not sweetened or buttered)

### ✗ **Foods to AVOID** between meals



Fruits, particularly citrus fruits

Tomatoes

Vinegars particularly apple cider vinegar, pickles, ketchups

Lemon juice-based salad dressing

### ✓ **SAFE Drinks** between meals



Water

Milk\*

Tea/coffee without sugar

Herbal teas without fruits/citrus flavour

### ✗ **Drinks to AVOID** between meals



Carbonated drinks except unflavoured sparkling water.

Carbonated diet drinks, sports and energy drinks

All juices, particularly citrus fruit juices

Smoothies

Vitamin C drinks

Beer and wine

Fruit teas, herbal teas with fruit/citrus

\* Choose low-fat options when available