Drinking Wine Can Rot Your Teeth

Drinking wine can damage your teeth. That's the conclusion of a report from the Johannes Gutenberg University in Mainz, Germany. Researchers tested the effects of eight red and eight white wines on teeth from men and women aged between 40 to 65. They discovered all of the wines damaged the enamel that protects our teeth. This makes our teeth more sensitive to hot and cold food and drinks. It also means the teeth will stain quicker if someone drinks coffee. The research team said white wine causes more damage than red. The acid in white wines attacks the enamel and wears it away. The bad news is that brushing your teeth after drinking wine will only make things worse. Wine drinkers previously thought red wine was worse for your teeth.

The research has been published in the journal "Nutrition Research". Report co-author Dr. Brita Willershausen told reporters: "Within the limits of this study, it can be predicted that frequent consumption of white wines might lead to severe dental erosion." The researchers did have some good news for wine lovers. They said food that is rich in calcium can help limit the damage. The report stated: "The tradition of enjoying different cheeses for dessert or in combination with drinking wine might have a beneficial effect on preventing dental erosion because cheese contains calcium in a high concentration." Other factors can also help reduce the amount of erosion wine causes. Less frequent sips and swallowing the wine a little more quickly can help save your teeth.

http://www.breakingnewsenglish.com/0910/091022-wine.html

Vocabulary:

enamel   beneficial
stain   concentration
acid
consumption
dental erosion

Let's Talk !

Would you stop drinking or eating things that are bad for your teeth?
Do you think this article will reduce wine sales?
How important is having white teeth to you?