

Lesson 13: Food and Drinks

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.

You can see the whole lesson from your teacher, please ask them to send it to you before the class.

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