

# The Best and Worst Drinks for Teeth This Christmas

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- G & T's, cava and light beer are all on the menu
- Avoid wine, vodka, and rum
- Dentists reveal which drinks are naughty and nice for your teeth

Prosecco, mulled wine, and colourful cocktails are set to be weekly staples as Christmas party season approaches. While these drinks are by no means overflowing with healthy benefits, some are better than others when it comes to oral health.

The team of in-house dentists at teeth whitening brand White Glo (<http://www.whiteglo.com/>) have put together a guide on the best and worst drinks for teeth this Christmas, with tips to maintain good oral health throughout the festivities.

Gin and tonic is on the menu this season, for more reason than one, but the dentists advise to strike rum and coke off the list. The low acidity levels in a G&T mean it is far less likely to damage the tooth enamel and adding ice will further reduce acidity. However, the combination of dark rum and sugar filled coke is a concoction best avoided.

When it comes to wine, the darker and more pigmented it is, the more likely it is to leave you with a magenta hued smile. The cracks in enamel allow the pigmentation to settle on teeth and soak your smile after just a few sips.

While a warm cup of mulled wine may be the perfect addition to a cosy night in, opting for hot chocolate will save the inevitable stains. Making a milky hot chocolate will also strengthen teeth and better protect them against decay. Just skip the marshmallows!

Swapping from red to white wine may avoid the instant stains, but the high acidity will soften enamel, making teeth more susceptible to picking up stains from other foods. Instead try the Spanish sparkling wine, Cava, which has a PH level between three and four, meaning it contains relatively low levels of acid.

For those hoping to catch someone under the mistletoe this Christmas, ditch the vodka based cocktails. Vodka dries the mouth out which reduces saliva and leads to bad breath. If Cosmo's are too tempting, chew a sugar free gum to increase saliva and prevent embarrassing mistletoe mishaps.

When it comes to beer, choose light over dark. Not only will this reduce staining, the lighter option has a higher water content and therefore less acid.

James Buchanon from White Glo explains "Christmas is a time for indulging in your favourite foods and drinks, but it doesn't hurt to choose the options which will do the least damage. Most people seem aware that high sugar foods damage teeth, but alcohol often gets overlooked. The best thing you can do is keep up with your oral health routines over the Christmas period and make sure you brush your teeth when you get home from a night out, to bring your mouth acidity back to neutral."

James continues “If you are looking for instant stain relief during a Christmas party, you can try White Glo’s Bright Nights teeth whitening strips, which dissolve on your teeth and are perfect to use in the bathroom, before heading to the bar.”

Follow the dentists advice and think about drink choices this Christmas to drastically reduce the damage to teeth, whilst avoiding any embarrassing selfie stained smiles.

For further oral health advice visit White Glo (<http://www.whiteglo.com/>)

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Teeth Whitening sample kits are available for press.

For additional comment, imagery, or regional statistics to accompany this release please contact Danielle on [danielle@kincomms.com](mailto:danielle@kincomms.com) or Lewis Gunn on [lewis.gunn@kincomms.com](mailto:lewis.gunn@kincomms.com) or call 02077179696.

Notes to Editors:

White Glo was first established in Australia in 1993 and was the first company to introduce teeth whitening products to the Australian market. White Glo is one of the market leaders in Australia’s whitening toothpaste and teeth whitening industries. White Glo products are now sold in the United Kingdom, South Africa, Russia, Singapore, China, Hong Kong, Japan, Middle East, New Zealand, Papua New Guinea, Greece, Philippines and Cambodia.

UK Stockists include; Boots, Superdrug, ASDA, Tesco and Morrisons.