



TURNS OUT THESE HOLIDAY DRINKS ARE REALLY BAD FOR YOUR TEETH



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I never really thought about how detrimental a holiday drink like egg nog could be to your teeth.

But it's terrible for your oral health, according to [Real Self](#) contributor DDS Dr. Steven Davidowitz.

We talked to [Dr. Davidowitz](#) to ask him about all of our holiday beverage concerns, and it doesn't look so good for your winter favorites.

Check out the list below to see what's wrong with drinking what this winter, right before you make any mistakes at your family holiday party! If you like eggnog like I do, you're basically screwed.

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Egg nog

While people either hate or love egg nog, it doesn't change the fact that it's terrible for your teeth.

Egg nog is filled with fat and sugar, and "the fatty content gives a thickness that allows the sugar to stay coated on your teeth for an extended period of time," Dr. Davidowitz says.

And we all know that when sugar stays on your teeth, it leads to bacteria growth and decay.

Red wine

We all know red wine can lead to red stained teeth.

This is "due to its chromogens or stain molecules getting stuck into the enamel crystalline structure," Dr. Davidowitz says. Wine is also acidic and leads to enamel damage.

White wine

While white wine is less acidic than red, it still isn't good to constantly sip on it throughout the holiday season. This leads to the weakening of the enamel, which leads to cavities and staining and more.

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Mixed drinks (margaritas, vodka cran, Jack & coke)

These drinks are apparently doubly bad for your teeth.

"The high sugar of the alcohol along with the low PH or acidity of the mixing beverage can lead to a very acidic environment in the mouth," says Dr. Davidowitz. The more acidic the drink is, the more likely there is to be enamel erosion to lead to cavities.

Spirits

Straight alcohol without a mixer may have less of a sugar content, but it can still damage your teeth.

"In addition, the high alcohol content tends to dry the mouth as the alcohol decreases the saliva flow," Dr. Davidowitz says. "This dryness can lead to bacterial growth leading to bad breath as well as increased dental cavities."

Beer

"Beer is acidic, and creates an acidic bath in the mouth after drinking through a few glasses of beer over time," Dr. Davidowitz says. Which, as we now know, causes enamel damage.

Also, darker beer is more likely to stain your teeth. He says it's best to stick with a lower-carb, light-colored beer.

“It has the highest water content and therefore has the least acidity,” Dr. Davidowitz says. “Light beer is also less likely to stain your teeth.”

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If you're planning on sipping on something at your next holiday party, the point is to just be cautious. Obviously you can drink whatever you like (I for sure won't stop my love affair with egg nog), just be careful of your teeth for the future of your oral health.