

# [Is be done. there are many different solutions](https://assignbuster.com/is-be-done-there-are-many-different-solutions/)

Is Tea as Effective to Stain Your Teeth as Coke or Coffee? Caffeine is known to stain and discolor your teeth. Coke, coffee, and tea are the three main drinks that are known to be the worst ones that stain.

“ The root cause of most tooth discoloration lies just at the surface of your teeth’s enamel. Drinking red wine, coffee, and tea can discolor your teeth. Colored molecules found in these beverages, including tannins and other polyphenols, adsorb to the enamel’s surface.” These things are the reason staining takes place and how staining is even caused.

Often people wonder, “ which drink is the best to drink and not be as bad?” and “ does tea really stain your teeth?” The answer is yes. “ We know that coffee can stain those pearly whites, but does tea stain teeth? Yes, In fact; tea might be even more likely to stain your teeth than coffee due to its higher tannin content.” Since most teas have the same amount of caffeine as sodas and coffee can stain your teeth just as much. “ Pigments from dark-colored drinks such as coffee, tea, and soda can become embedded in those cracks and ridges and, if the proper steps are not taken, can cause permanent, yellowing stains on your teeth.” Caffeine can be very harmful to your teeth. Drinking soda, tea, and coffee can lead to permanent damage.

The more you drink those drinks the more damage that can be done. There are many different solutions that can help the process of keeping your teeth away from  being stained. “ Adding milk to your tea or drinking with a straw can help as well as rinsing or drinking water after. Try adding Crest® 3D White Luxe Diamond Strong Mouthwash to help remove stains, strengthen enamel, and also kill bad breath germs.

Even rinsing your mouth with water after drinking coffee can help maintain your whiter, brighter teeth.” These steps suggested by Crest, can help slow down the time of those loaded caffeine drinks staining your teeth. Is tea just as bad as others? Tea can be just as bad as soda is.

“ A 20-ounce bottle of nearly any major brand of sweetened iced tea will run you about 240 calories and close to 60 grams of sugar, which is on par with a similar serving size of soda and the equivalent of 15 sugar cubes.” Tea can have a similar amount of caffeine as soda, which means it can stain just as much. “ Certain brands of bottled and sweetened teas contribute to dental erosion because of their sugar content. As you drink these types of teas, your teeth are bathed in sugar, which encourages erosion and dental cavities.” To  keep your teeth clean and stain free, try to not drink too much coffee, tea, or coke.

Even if you do drink them brush your teeth right after, or try to drink the one that has less sugar and is more of a healthier solution. Cites/evidencehttps://www. livestrong. com/article/508494-does-drinking-tea-affect-your-teeth/www. yourdailyvegan. com/2013/06/have-you-replaced-soda-with-iced-tea-read-this/http://pubs. acs. org/cen/whatstuff/stuff/8106whiteteeth. htmlhttps://www. colgate. com/en-us/oral-health/cosmetic…/teeth…/does-tea-stain-teeth-0313https://crest. com/en-us/oral-health/…/tea-coffee-teeth-stains-how-to-avoid-remove-them