



## Sugarless Gum Can Help Prevent Tooth Decay?

Chewing gum is a very common thing to do. A lot of children like to form bubbles with gum in class and make loud popping noises which is always fun, but did you know that if you chew sugarless gum for 20 minutes following meals, this can help to prevent tooth decay. Weird, right? It's actually sweetened by non-cavity causing sweeteners which include:

- Aspartame
- Xylitol
- Sorbitol
- Mannitol

Chewing sugarless gum washes away food, neutralizes acids produced by bacteria and provide disease fighting substances from the increase in saliva throughout your mouth. Gum that does contain sugar also produces this saliva, however the sugar is used by plaque bacteria to produce decay-causing acids. So make sure you think about what kind of gum you chew. Continue to brush and floss your teeth once a day even if you chew gum after every meal!

It isn't just your teeth and gums! Maintaining oral health can keep you healthier in many other ways!

Visit [UnitedConcordia.com](http://UnitedConcordia.com) for more tips for a healthier mouth.