



Newsletter Articles

Drilling down on dental health: The Tradie's Brekky.



This article is about the “tradie’s brekky” and how it harms teeth.

The tradie’s brekky is a meat pie, a big iced coffee, energy drinks and a smoke or vape.

Meat pie

- Processed meat and fat can make gums swollen. This can lead to gum disease.
- The pastry turns into sugar in the mouth. Germs feed on it and cause decay.

Iced coffee

- It usually has lots of sugar.
- Caffeine can dry the mouth. Saliva (spit) protects teeth, so a dry mouth is bad.

- It has milk and calcium, so it is still better than soft drinks and energy drinks.

Energy drinks

- They have sugar, acid and caffeine. This is the worst mix for teeth.
- Acid makes the outside of the teeth weak. This causes decay, wear and sensitive teeth.

Smoking and vaping

- They cause gum disease, dry mouth, stains, bad breath and mouth cancer.
- If you change only one thing, **stop smoking or vaping**.

Better choices

- A fresh sandwich instead of a pie.
- Coffee without sugar.
- A big bottle of water.