FALSE!  
All snacks lead to tooth decay  
Snacks in between meals will undoubtedly increase the chances of dental decay, by all means, it is best to avoid them. However, there are some better options to stop the cravings. We can choose food items with low sugar and low starch contents like cheese, milk, sugar-free yogurt and sugar-free gum.

FALSE!  
Healthy drinks are good for oral health  
Healthy drinks, such as sports drinks and juices, are marketed as healthy products. However, they might not be good for your oral health. They may contain acids or sugar which can lead to tooth erosion and cavities. Look at the ingredients before purchase.

FALSE!  
Non-sweetened food cause no tooth decay  
Aside from high sugar snacks, foods with carbohydrates or starch such as cookies, bread, wheat products can be digested by bacteria, yielding acidic contents that may lead to tooth decay. As long as we eat these foods during appropriate meal times and brush regularly, we can decrease the risks of having cavities significantly.

FALSE!  
My teeth are born to have cavities easily  
As long as your oral hygiene is maintained, everyone can be cavity-free! Floss regularly, brush twice a day, intake less sugar: use fluoridated toothpaste; these are all ways that can effectively improve your oral health.

FALSE!  
It is better to eat less but more frequently  
When eating frequently, the saliva will not have sufficient time to neutralise the acidic by-products in our mouths. If our teeth have prolonged exposure to this acidic environment, they become prone to cavities. Thus, even as little as a piece of candy in between meals can already increase the risks of tooth decay.

FALSE!  
All chewing gum prevent tooth decay  
In the market, there are still sugary chewing gums that can lead to tooth decay. Only sugar-free gum can strengthen the teeth and prevent cavities. Chewing gum stimulates saliva production to neutralize acidic oral environment and to replenish the teeth from any loss of minerals.

Not definitely!  
Fruits are safe to eat  
Fresh fruits contain sugar, some even contain citric acid (e.g. orange, grapefruit). Sugar can increase the chances of tooth decay whereas citric acid can erode away tooth surfaces. Furthermore, some processed fruits (e.g. juices, dried fruits) can release even more sugar during their manufacturing and thus significantly increases the risks of tooth decay. Remember not to overeat fruits!