



# SWEET ABOUT CHOCOLATE

**Attention, sweet teeth! Eating chocolate may not be as bad for your teeth as commonly thought.**

**A QUICK TREAT.** When it comes to sweets and your teeth, time is of the essence. Chewy treats and hard candy stay in the mouth longer than most foods, allowing cavity-causing bacteria to thrive. Chocolate, on the other hand, dissolves easily, which means the sugar has less contact with your teeth.

**TOO MUCH OF A GOOD THING.** Despite its advantages over other candies, chocolate is still full of sugar, so make sure to indulge responsibly.

**CHOCOLATE OF THE FUTURE?** As researchers work to unlock the secrets of the cocoa bean, some studies have observed anti-cavity effects of tannins and flavanols, two natural compounds found in the bean. Of course, the cocoa-derived drinks used in the studies aren't what you'll find at the grocery store, but this research may offer the possibility of dentist-approved candy bars in the future.



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### If you're craving chocolate

- › Choose dark chocolate that's low in sugar
- › Wash it down with plain milk or water
- › Brush your teeth after eating

### Stay away from

- › Chocolate with nougat or caramel filling
- › Cookie-based chocolate bars
- › Chocolate-flavored cereals or cakes

### Tooth-friendly hot cocoa

- 2 tsp. unsweetened cocoa powder
- 2 tsp. xylitol
- 1 cup milk
- 1/2 tsp. vanilla extract

Mix cocoa and xylitol in a mug. In a separate container, heat milk until hot (about a minute and a half in the microwave). Slowly pour milk into the powdered mixture, stirring continuously, and then add vanilla extract. Enjoy!

## DID YOU KNOW?

Of dentists who hand out candy on Halloween, **79% CHOOSE CHOCOLATE**, while just 13% give hard candy or lollipops.<sup>1</sup>

<sup>1</sup>Delta Dental Plan Association 2011 Tricky Treats survey included more than 250 dentists.

