

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.

Did you know that 79% of dentists who hand out candy on Halloween choose chocolate? Only 13% give out hard candy or lollipops.¹

¹ Delta Dental Plan Association's 2011 Tricky Treats survey included more than 250 dentists.

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!



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