Teeth have a protective outer layer called **enamel**. This layer is harder than bone and protects the tooth like a helmet.

Avoid acidic, sour or sweet foods and drinks, which can eat away at the enamel on your teeth.

Cavities (or decay) are caused by bacteria. Without intervention, bacteria in the mouth will double every five hours.

Brush at least twice a day to clean the bacteria off the teeth and tongue.

Bacteria eat sugar.

Avoid diets high in sugar, which increase the amount of bacteria in your mouth.

Use fluoride toothpastes, which can help reverse some of the damage.

As bacteria eat, they produce acid that breaks down the enamel in a process called demineralization.

Getting regular checkups (at least twice a year) helps make sure you catch these problems early before anything bad happens.

If you can catch a cavity early, before it breaks through the hard enamel, it is much easier to prevent more serious problems.