

# Why Sugar Rots Your Teeth

[www.KeepYourChildSafe.org](http://www.KeepYourChildSafe.org)

1. You're not the only one who likes sugar! Living inside your mouth are tiny bacteria, and they love sugar too.
2. When you eat sugar, they get extra energy and multiply, creating a film of plaque that coats the surface of your teeth.
3. This plaque produces a type of acid that dissolves mineral in your teeth, eating away at the hard tooth surface.
4. The more sugar you eat, the more acid producing-plaque builds up, and the longer it stays there, the more damage it does. Tiny holes will appear and grow and grow until they become cavities. This is why it's important to brush your teeth regularly and not eat too much sugar.

