Cerealsly Healthy Teeth

Cereal is a popular breakfast food that makes for a quick and filling meal in the morning. While many cereals contain important vitamins and nutrients, some options contain many flavors and sugars that can lead to tooth decay.

Tips
- Avoid sticky ingredients like honey and raisins
- Consume cereal with milk, not dry, to avoid remnants on teeth
- If brushing after breakfast, make sure to wait 30 minutes after eating to avoid tooth damage