



PRESS RELEASE

The Sacramento Dentistry Group Answers: What Foods Stain Dentures?

Although dentures are [artificial teeth](#), they stain much like the real thing. So foods that stain teeth can stain dentures too. Thankfully, there's a broad palette of items people can choose from when its time to eat and some foods that actually help prevent staining. Here are some suggestions from the [Sacramento Dentistry Group](#) to keep your dentures white.

Sauces

Whether they're made from tomatoes or soy, the dark color in sauces lingers on dentures, causing stains. To prevent stains, eat dark green vegetables first, as in a salad. They add a film to the teeth or the dentures that makes sauce pigments easier to remove afterwards.

Berries

The dark pigments in berries were historically used for fabric dyes, so they certainly stain teeth over time. Whether consumed as juice, jam, jelly, or whole, the effect is the same. Drink a glass of water or milk afterwards to rinse away the pigments, or eat a hard piece of cheese to neutralize the acids in the fruits.

Drinks

Coffee, tea and red wine are all known as stain-producers, but sports drinks and sodas are also culprits. Even lighter sodas lead to stains, since [they contain acids](#) that weaken the surface of the dentures, making them more likely to absorb pigments. Limit the intake of staining beverages and always rinse with water afterwards.

While [other foods can stain dentures](#), these are easily the big three that deserve special attention. With daily care of dentures, just as it's recommended to care for the teeth, it is possible to keep dentures their original color for an extended period of time. For assistance with dentures, either for repair or restoration, the Sacramento Dentistry Group is available for appointments at 916-538-6900.