

■ **Brush your teeth before or after breakfast?** *Before breakfast*—mouth bacteria are at peak levels when you wake up, which is the reason for bad breath. Eating breakfast, especially if it contains sugar, causes bacteria to multiply. **Brushing before breakfast clears the bacteria away and boosts tooth-protective saliva...and the fluoride in toothpaste protects against acids in breakfast foods.** *Brushing after breakfast*—fluoride will not be displaced by chewing food. **Wait 30 minutes after eating before brushing to avoid damaging tooth enamel, especially if you consume acidic beverages such as coffee or orange juice.**

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