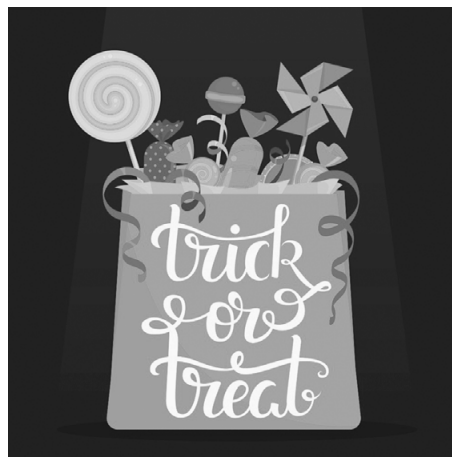


Trick or Eat

adapted from an article by Jamie Ducharme

- 1 For people who typically hoard Halloween candy past Thanksgiving, here's some surprising advice: some dentists actually condone eating the candy all at once, rather than rationing it out over weeks.
- 2 After you eat sweets, bacteria feed on the sugars and starches left on your teeth and form plaque. Eventually, the acid in plaque begins to wear away at the enamel coating your teeth, forming tiny holes, also known as cavities, that grow larger and larger over time.
- 3 Anna Berik, a dentist in Newton, Massachusetts, says it doesn't really matter, at least from a cavity-forming perspective, how much you eat at a time. "At some point, there's a threshold where the bacteria can't really work any harder. They can only make the acid so fast," she says. For that reason, feasting on sweets, then brushing your teeth right after, is actually less cavity-causing than spreading that candy out over the next three months and having sugar in your mouth day after day after day."
- 4 Chris Kammer, a dentist in Madison, Wisconsin, also favors the one-and-done approach, so much so, in fact, that he started a Halloween candy buyback program, with the goal of preventing kids from dipping into their trick-or-treating bag over and over again. Kammer encourages kids to select a few favorite pieces of candy, then bring the rest of their haul to one of his 2,400 buyback sites around the country, where they can be traded in for cash before being shipped out to troops overseas.



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