

Halloween Candy

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Halloween is the highlight of October for many individuals. The younger children get to dress up and adults have the opportunity to bring joy to the kids as they pass out candy or bring them trick-or-treating. After the day of Halloween, many people like save up their candy and ration it up until Thanksgiving. However, dentists advise against holding on to the candy, but rather eat all of it at one time.

Eating large amounts of sweets in general isn't good for anyone, but going at it in one sitting might be better on the teeth. Sugars and starches from the candy are left on teeth, feeding bacteria and forming plaque. Because the enamel wears away due to the acid of the plaque and the bacteria continues feeding on the sugars, little cavities begin to form and grow larger over time.

With less opportunities for bacteria to feed and enamel to wear away, having an all-you-can-eat candy feast will slim the chances of getting cavities. In terms of a cavity-forming perspective, how much candy an individual eats at a time shouldn't really matter. The number of bacteria on teeth an only make the acid so fast. Eventually, there will be a threshold where it can't really work any harder.

Of all the different options of candy passed out, the best ones to eat are those made of chocolate. Chocolate melts quickly in the mouth, whereas gummies and hard candy sticks to the teeth and are more likely to cause cavities.

However, after whatever amount or type of Halloween candy eaten, make sure the teeth are brushed thoroughly.