

DID YOU KNOW?

CRACKERS ARE WORSE FOR YOUR TEETH THAN SUGAR.



- Crackers easily get lodged in your teeth. When chewed, starchy foods become sticky, allowing them to stay in the mouth for long periods of time.
- The longer food stays on the teeth, the longer the bacteria in the mouth have to turn that food into harmful acids, causing tooth decay and cavities.

KNOW MORE



Saltine crackers are high in Sodium. Nutritionally they have no benefit. Hence they can be easily replaced with some healthy alternatives, including whole grain crackers, nut and seed crackers, and gluten-free crackers for daily consumption.



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Source-Eat this,Not that

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