

# White Wine

If you're an enthusiast of the grape, you know that wine doesn't have to be red to stain your teeth. Unfortunately, white wine can also create rough spots and grooves that enable staining chemicals in tea, coffee, and other beverages and foods to penetrate deeper into your tooth enamel. With this said, red wine, long known to stain teeth, should still be seen as more risky to whiteness because it contains *chromagen*, a richly colored substance. Still, you don't need to stop enjoying wine in moderation. The best way to prevent staining caused by wine, and coffee or tea for that matter, is to rinse often, brush regularly, and ask us about teeth whitening products!

