

SAFE FOODS AFTER TEETH WHITENING (FIRST 48 HOURS)

- Coffee and tea
- Red wine
- Berries (blueberries, blackberries, raspberries, cherries)
- Soda/cola
- Dark sauces (soy, tomato, curry)
- Citrus fruits (oranges, lemons)
- Chocolate and candy
- Dark fruits/veggies (grapes, beets, carrots)
- Foods with artificial dyes

Avoid pigmented or acidic items to prevent stains.