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Contributors to Bad Breath

It is a known fact that poor oral hygiene is the most common cause of [bad breath](#). But the case can be even worse if they are coupled with eating certain types of food that can cause bad breath. Some of them are the following:

Onions and garlic – the two are probably the most common ingredients that are associated with bad breath. They contain sulfur compounds which give them their distinct smell and, unfortunately for those who consume them, bad breath.

Milk – dairy products like milk can also cause halitosis. Dairy products contain protein which produces an unpleasant smell when broken down by bacteria. This is much like spoiling food inside the mouth, so it is always a good idea to brush immediately after eating or drinking dairy products.

Coffee – although there is no scientific evidence to back this up, coffee is also said to cause bad breath.

Alcohol – bad breath can also be caused by a dry mouth. Drinking alcohol is one contributor in drying the mouth. It can therefore be another cause of bad breath.

Smoking – although this isn't actually food, smoking can contribute to bad breath. Much like alcohol, it can dry the mouth easily. But aside from drying the mouth, the scent of smoke on the smoker's breath is something that a lot of people may find offensive.

Proper oral hygiene can go a long way in preventing bad breath. But by avoiding certain kinds of food and habits that contribute to it, you can potentially eliminate or prevent bad breath in the first place.

[Discover the Truth About Bad Breath! Click Here to grab your free copy of 'The Bad Breath Bible', AND FREE products worth \\$33.45.](#)

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