Sugar-Free Gum: What is It and What Are its Benefits?
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# Sugar-Free Gum: What is It and What Are its Benefits?

Sugar-free gum(open in new tab) has become a popular choice for those seeking the benefits of chewing gum without the detrimental effects of sugar—but what exactly is it, and how does it impact your dental health? Let’s get into all the pressing questions you might have, like what sugar-free gum is, what its benefits are, and whether it’s good or bad for you.

## What is Sugar-Free Gum?

Sugar-free gum is a type of chewing gum made without the sugars typically linked to tooth decay. These compounds provide sweetness without fueling the bacteria in your mouth that may lead to oral issues.

## Is Sugar-Free Gum Good or Bad for Your Teeth?

Overall, chewing sugar-free gum is considered good for your teeth. It may help increase saliva production, which washes away food bits and protects your teeth against decay(open in new tab). Plus, it tastes good, freshens your breath, and may even help you feel more confident for important events. We're talking first dates. Job interviews. Parties. Pop a piece of gum for a little piece of confidence to face anything that comes your way.

## Frequently Asked Questions

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1. ## Is ORBIT® Gum Sugar-Free?

   Yes, ORBIT® Gum is a sugar-free yet sweet gum that’s easy on your teeth.

2. ## What Are the Best Flavors of Sugar-Free Gum?

   It depends on what experience you’re going for! Are you looking to freshen your breath with a blast of cool flavor? Consider ORBIT® Spearmint, Sweet Mint, Peppermint, or Wintermint. If you’re craving something sweeter, try ORBIT® Bubblemint or Strawberry!

3. ## Can You Have Sugar-Free Gum with Braces?

   Yes, chewing sugar-free gum should be perfectly fine if you have braces, but check with your orthodontist first!

4. ## Does Sugar-Free Gum Break a Fast?

   While chewing gum with sugar can break your fast, sugar-free gum has so few calories that you can usually chew it while on a fast. ORBIT® Gum, for instance, contains 5 calories per piece of gum and has no sugar.

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