

## SUGAR & ACID = DOUBLE TROUBLE

Nutrition Facts	
Serv. Size 1 Can	
Amount Per Serving	
Calories 140	
Total Fat 0	
Sodium 50mg	
Total Carb 39g	
Sugars 39g	
Protein 0	
CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, AND/OR SUCROSE, CARAMEL COLOR, PHOSPHORIC ACID, NATURAL FLAVORS, CAFFEINE.	

Nutrition Facts	
Serv. Size 1 Can	
Amount Per Serving	
Calories 0	
Total Fat 0	
Sodium 40mg	
Total Carb 0g	
Protein 0	
CARBONATED WATER, CARAMEL COLOR, ASPARTAME, PHOSPHORIC ACID, POTASSIUM BENZOATE (TO PROTECT TASTE), NATURAL FLAVORS, CITRIC ACID.	

### Acid\*

Low = Bad

### Sugar\*\*

Per 12 oz. serving

	Acid*	Sugar**
Pure Water	7.0 (neutral)	0 tsp
Barq's® Root Beer	4.0	11 tsp
Minute Maid® Orange Juice	3.8	9 tsp
Propel® Fitness Water	3.4	1 tsp
Red Bull®	3.3	10 tsp
Sprite®	3.3	10 tsp
Mountain Dew®	3.3	12 tsp
Diet Coke®	3.1	0 tsp
Sierra Mist	3.1	10 tsp
Full Throttle Energy Drink	3.0	11 tsp
Diet Pepsi®	3.0	0 tsp
Gatorade®	2.9	5 tsp
Sunkist® Orange Soda	2.9	13 tsp
Dr. Pepper®	2.9	10 tsp
Vault Energy Soda	2.9	12 tsp
Amp—Mountain Dew®	2.8	11 tsp
SoBe® Energy Citrus	2.6	12 tsp
Minute Maid® Lemonade	2.6	10 tsp
Pepsi®	2.5	11 tsp
Diet Schweppes® Tonic Water	2.5	0 tsp
Coca-Cola® Classic	2.4	10 tsp
Battery Acid	1.0	0 tsp

\* Laboratory tests, Dr. John Ruby, University of Alabama, Birmingham School of Dentistry, 2007.

\*\* 4.0 grams = 1 teaspoon sugar

## WHAT DENTISTS SAY ABOUT SIPPING ALL DAY.

- “ I can spot frequent pop drinkers easily by looking at their teeth. ”
- “ I had a 16-year-old patient in with 30 severe cavities. He admitted he drank two Mountain Dews for breakfast, drank one on the bus, and then had four to five at school. He figured he drank 10 to 12 pops a day and said he can't stop. ”
- “ Sweetened soda is to teeth as cigarettes are to lungs. ”
- “ Athletes are especially prone to erosion from soft drinks because they drink them frequently to maintain hydration. ”

SIP ALL DAY,  
GET DECAY.®



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## HOW MUCH SODA POP DO YOU DRINK IN AN AVERAGE WEEK?

Soft drinks are no longer an occasional treat. They've become a daily habit for a growing number of people, especially kids, teens and young adults. A steady diet of soft drinks is a leading cause of tooth decay.

### Here's how you get cavities:

- Sugar in soda pop combines with bacteria in your mouth to form acid.
- Diet or "sugar-free" soda pop contains its own acid.
- Acid in soft drinks, whether they contain sugar or not, is the primary cause of weakening tooth enamel.
- The acid attacks your teeth. Each acid attack lasts about 20 minutes.
- The acid attack starts over again with every sip.
- Ongoing acid attacks weaken your tooth enamel.
- Bacteria in your mouth cause cavities when tooth enamel is damaged.
- If you have a receding gum line, acid does more damage below the gum line than above it. This is particularly a concern for adults.

## SEE WHAT HAPPENS WHEN YOU SIP ALL DAY.



A 16-year-old had no cavities last year: zip, zero, zilch, nada. This is a picture of the same person's teeth one year later with 15 cavities. Gross is right!

### How to reduce decay:

- Drink soft drinks in moderation.
- Don't sip for extended periods of time. Ongoing sipping prolongs sugar and acid attacks on your teeth.
- Use a straw to keep the sugar away from your teeth.
- After drinking, swish your mouth out with water to dilute the sugar.
- Never drink soda pop or juice before bedtime because the liquid pools in your mouth and coats your tongue and teeth with sugar and acid.
- Read labels. Regular soda pop is high in sugar. And diet or "sugar-free" soda pop is high in acid. Sugar and acid are bad for your teeth.
- Drink water instead of soft drinks. It has no sugar, no acid and no calories.
- Get regular checkups and cleanings to remove bacteria buildup (plaque). Floss, too.
- Use a fluoride toothpaste to protect your teeth.

## SOME HARD FACTS ABOUT SOFT DRINKS.

- A bottle of soda pop in the 50's was 6.5 ounces. Today, a 12-ounce can is standard and a 20-ounce bottle is common.
- Larger container sizes mean more calories, more sugar and more acid in a single serving. A 64 oz. "Big Cup" has more than five cans of soda pop in a single serving!
- There is no nutritional value in soft drinks. In regular soda pop all of the calories come from sugar.
- In addition to cavities, heavy soda pop consumption has been linked to diabetes, obesity and osteoporosis.
- One-fifth of all one- and two-year-old children drink soda pop.
- Today, teens drink three times more soda pop than 20 years ago, often replacing milk.
- Soft drink companies pay high schools and middle schools big bucks to offer their products.
- Sealants only protect tooth chewing surfaces. Soda pop decay tends to occur where sealants can't reach.

