



Soft Drinks & Sugary Beverages

By maintaining good oral health, you help keep your whole body healthy.

The hard facts on soft drinks

We all have a sweet tooth—and enjoy the taste of soft drinks and sugar. There's nothing wrong with that. Unless you overdo it. Soft drinks and sugary beverages can hurt your teeth.

Acids and Sugar: The Real Culprits

When you sip a sugary drink, the sugar mixes with bacteria in your mouth and produces acid. The acids coat your teeth's enamel, and wear away this outer covering. That can open the door to tooth decay.

So what can you do?

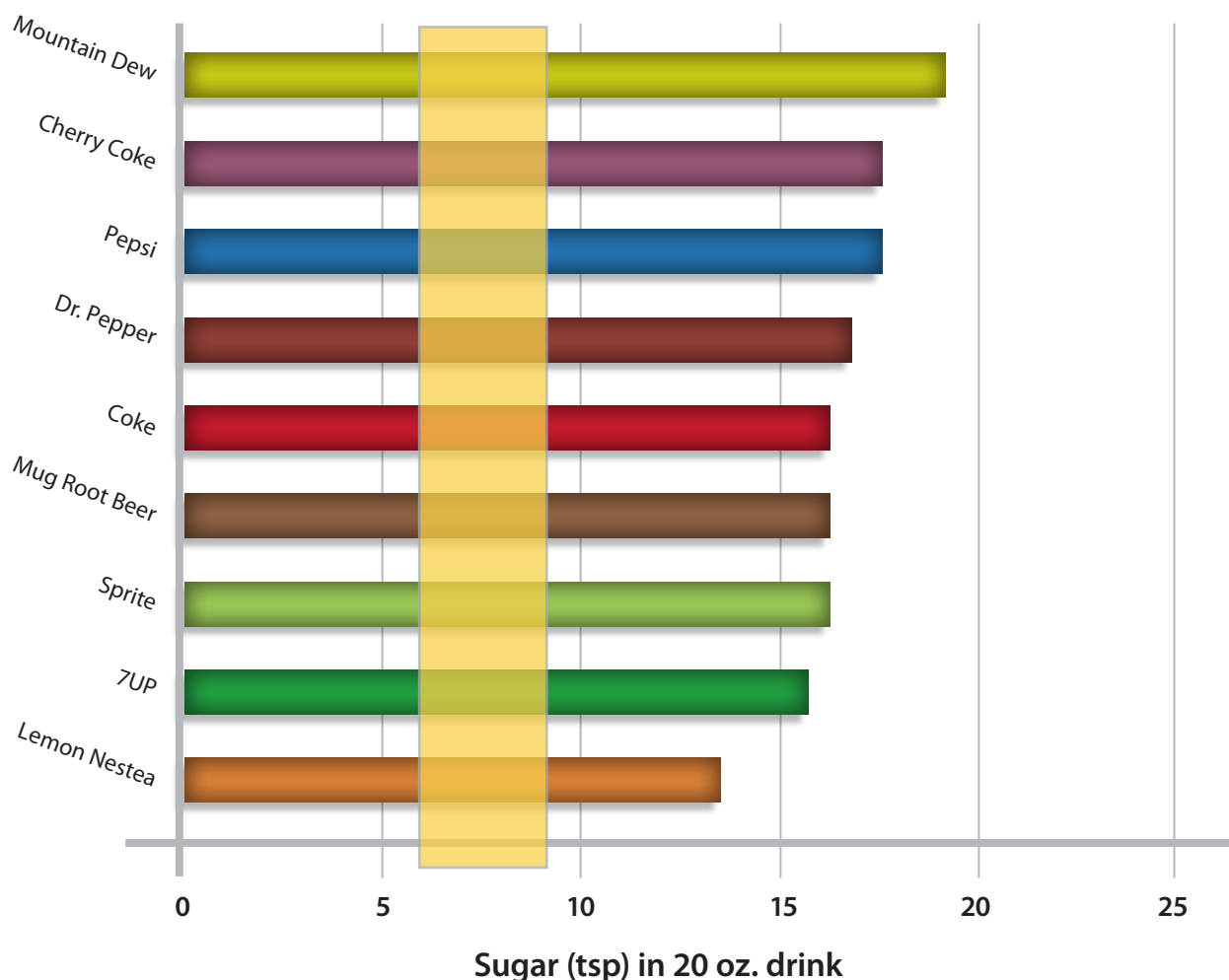
First of all, **limit the amount** of soft drinks you consume. The less added sugar in your diet, the better. Women and men should consume no more than 6-9 teaspoons of added sugar per day.* That's about half the sugar in most 20-ounce soft drinks.

Secondly, **limit the time** the sugars stay in your mouth. Drink your beverage in one sitting. Sipping keeps sugars and acids in contact with your teeth and wears down the enamel faster. Or, use a straw and position it toward the back of your mouth. That helps keep the sugar off your teeth. When you're done, rinse with water to wash off the sugar.

The best solution? **Drink water!** It cleans the mouth and neutralizes acids. It's a healthy alternative with no added sugar.



How Much Sugar is in Your Soft Drink?



Maximum recommended daily intake of added sugar: 9 tsp for men, 6 tsp for women*

*American Heart Association recommendation

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