



ORAL HEALTH KANSAS

ADVOCACY • PUBLIC AWARENESS • EDUCATION

Tips and Tricks: **Soft Drinks and Cavities**



Sip All Day, Get Decay

- When the bacteria in your mouth comes in contact with sugar from soft drinks, the acid produced attacks your tooth enamel. Every sip starts this process over, and this can quickly lead to cavities.



Hard Facts on Soft Drinks

- One 12 oz. bottle contains the daily allowance of added sugar for most adults
- Even though diet soft drinks do not contain sugar, they do contain harmful acid that can make your teeth sensitive
- In addition to cavities, heavy use of soft drinks has been linked to diabetes, obesity, and osteoporosis

Suggestions to Reduce Decay

- Substitute soft drinks with water, milk, or 100% fruit juice
- Rinse with water after drinking soft drinks to help remove the sugars that cause tooth decay
- Limit soft drinks to once a day and only at meal times to lessen the damage to the teeth
- Use fluoride toothpaste and mouth rinse to strengthen tooth enamel and reduce cavities
- Use a straw to keep the sugar away from your teeth

Oral Health Kansas' Sugary Drink Displays are an educational and fun way to learn about the amount of sugar in soft drinks. Perfect for all ages, the display shows how much sugar is in popular drinks. Call or email today to reserve a display!