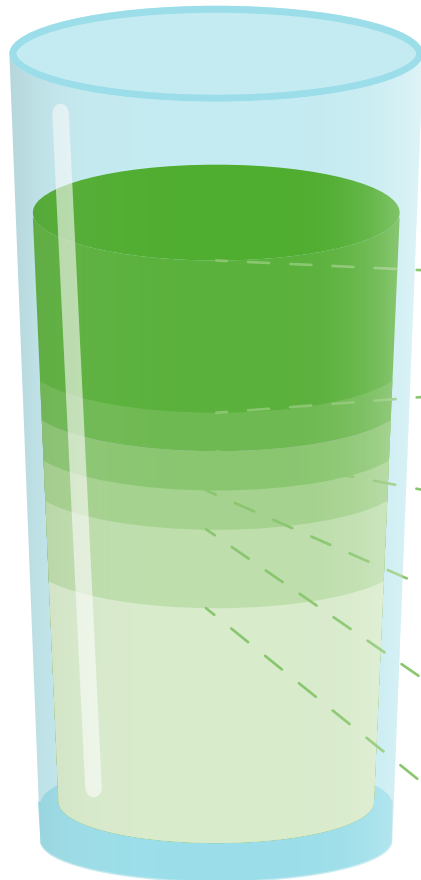










How Much Sugar Is In My Drink?



Spoonfuls of Sugar

16		Soda Pop
11		Sweet Tea
10		Energy Drink
9		Sports Drink
8		Flavored Water
6		Juice Box

The bacteria in our mouths eat sugar, just like humans do.

- When bacteria eat sugar, they produce acid as a waste product.
- This acid is what causes tooth decay, which is why we should limit the amount of sugar we eat.
- It's also important to limit the exposure of sugar to teeth, because each time sugar is introduced to the mouth, the "acid attack" lasts for 20 minutes.

A few tips to limit sugar exposure to teeth:

- Drink with a straw. This helps liquid to essentially miss teeth.
- Enjoy sugary drinks during meal times: Food helps to buffer acid, and the act of eating helps to naturally clean the teeth.
- Drink sugary drinks all at once rather than sipping throughout the day.
- Swish with water after drinking or eating sugar.

Learn more about how your oral health connects to your overall health at:
DeltaDentalMN.org

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