

Soda Can Lead to Cavities!



❖ Sugar in soda mixes with germs in the mouth to form acid.

❖ Acid attacks the teeth and begins to destroy the tooth.

❖ Every time you take a sip, the acid attack starts over.



❖ Ongoing acid attacks cause cavities!

❖ “Clear” sodas (7-Up, Sprite, Mt.Dew) can contain just as much acid, caffeine and sugar as dark sodas (Coke/Dr. Pepper/Pepsi).

How Can I Stop Cavities?

❖ Brush your teeth with fluoride toothpaste after you drink soda, or any other sugary beverage



❖ If you cannot brush, rinse your mouth with water or chew sugarless/sugar-free gum.



*Remember: Mouthwash is **NOT** a substitute for tooth brushing!*

What Can I Drink Instead of Soda?



Water!



**Low-fat Milks
(Rice/Soy Milks)**



100% fruit juices



**Iced Tea/Coffee
(little or no sugar)**



DO YOU KNOW?

Too much sugar can also lead to diabetes, obesity, and osteoporosis!