

For a Healthy Smile

Sugar-added drinks can lead to cavities and obesity. Mouth bacteria use sugar to make acid. Acid on teeth forms cavities.

DRINK TIPS FOR HEALTHY TEETH

- Replace sugar-added drinks with healthier choices. Water keeps the body hydrated. Low-fat milk has calcium for strong bones and teeth. Aim for 3 or more cups of low-fat milk every day and 6 or more cups of water.
- Drinks with natural sugar may cause cavities. Milk and fruit juices are better for you than sugar-added drinks. To keep the sugar from staying in the mouth – brush or swish.
- Only have a sugar-added drink at mealtimes and not between meals. Brush or swish with water to help stop cavity-causing acid.

SUGAR QUIZ

Which drinks are your favorites? How many teaspoons of sugar are in each drink?

<i>Sugar-added Drinks (1 cup, 8-ounce serving)</i>	<i>Teaspoons of Sugar</i>
Cola	7
Lemon-lime soda	6½
Sports drink	5
Sweet tea	4½
Lemonade	6½
Fruit-flavored drink	4
Chocolate-flavored drink	5

Keep in mind – a 20-ounce bottle is 2½ servings. You will be drinking a lot of sugar!



Drink water and low-fat milk for your health.

HOW MANY TEASPOONS OF SUGAR ARE IN YOUR DRINK?

Read the Nutrition Facts label. 4 grams of sugar on the label = 1 teaspoon of sugar.

Example: 16 grams ÷ 4 = 4 teaspoons
(Number of grams of sugar divided by 4 =
Number of teaspoons of sugar in that serving.)

Drink brands vary in the amounts of sugar.