DELTA DENTAL®

How much sugar is in my drink?

Harmful effects of sugary beverages on your teeth:

- When the bacteria in your mouth are exposed to 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.

Iced latte	Kombucha	Juice box	Sports drink	Energy drink	Soda pop
4 Spoonfuls	**4** Spoonfuls	**6** Spoonfuls	**9** Spoonfuls	**10** Spoonfuls	**16** Spoonfuls

A few tips to limit sugar exposure to teeth:

- Drink with a straw. This helps liquid to bypass your 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.

*1 teaspoon (spoonful) = 4 grams of sugar

The Power of Smile™
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