

Did you know?

Acid + Sugar = Trouble

Nutrition Facts	
Serv. Size, 1 Can (regular)	
Amount per Serving	
Calories	140
Total Fat	0 grams
Sodium	50 mg
Total Carb	39 grams
Sugars	39 grams
Protein	0 grams
Carbonated Water, High Fructose Corn Syrup , and/or Sucrose , Caramel Color, Phosphoric Acid , Natural Flavors, Caffeine	

Regular pop contains both sugar and acid that can lead to tooth decay. Although diet pop is sugar free, it still contains harmful acid

Nutrition Facts	
Serv. Size, 1 Can (diet)	
Amount per Serving	
Calories	0
Total Fat	0 grams
Sodium	40 mg
Total Carb	0 grams
Protein	0 grams
Carbonated Water, Caramel Color, Aspartame, Phosphoric Acid , Potassium Benzoate (to protect taste) Natural Flavors, Citric Acid , Caffeine	

- Soft drink companies pay school districts large royalties in exchange for the right to market their product exclusively in the schools, which in turn boosts pop sales among kids.
- American consumption of soft drinks, including carbonated beverages, fruit juice and sports drinks increased by 500 percent in the past 50 years.
- Americans drank more than 53 gallons of soft drinks per person in 2000. This amount surpassed all other beverages. One of every four beverages consumed today is a soft drink, which means other, more nutritious beverages are being displaced from the diet.
- Today, one fifth of all 1- to 2-year-old children drink soda pop and teens drink twice as much pop as milk compared to 20 years ago when they drank twice as much milk as soda.
- A bottle of pop in the '50s was 6.5 ounces. Today, a 12-ounce can is standard and a 20-ounce bottle is common. Larger container sizes mean more calories, more sugar and more acid in a single serving.
- In regular pop, all the calories come from sugar. Soda pop is Americans' single biggest source of refined sugar.
- In addition to cavities, heavy pop consumption has been linked to diabetes, obesity, kidney stones, heart disease and osteoporosis.

Acid Amount* (low number = bad for teeth)	Sugar Amount** teaspoons per 12 ounces (1 can)
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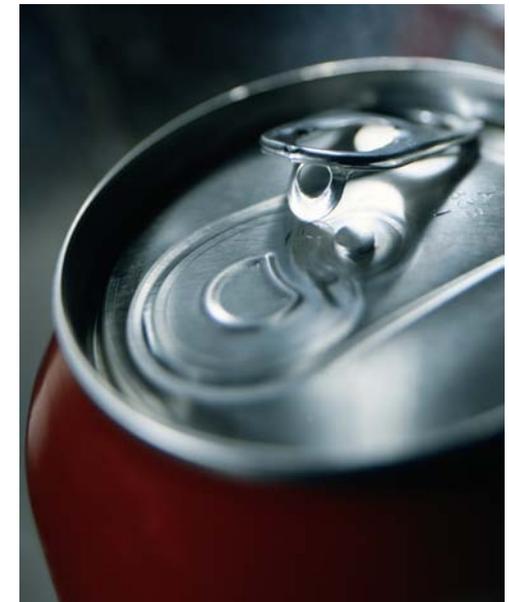
	Acid Amount*	Sugar Amount**
Pure Water	7.00	0.0
Barq's	4.61	10.7
Diet 7Up	3.67	0.0
Sprite	3.42	9.0
Diet Dr. Pepper	3.41	0.0
Diet Coke	3.39	0.0
Diet Mountain Dew	3.34	0.0
Mountain Dew	3.22	11.0
Fresca	3.20	0.0
Orange Slice	3.12	11.9
Diet Pepsi	3.05	0.0
Nestea	3.04	5.0
Surge	3.02	10.0
Gatorade	2.95	3.3
Dr. Pepper	2.92	9.5
Squirt	2.85	9.5
Hawaiian Fruit Punch	2.82	10.2
Minute Maid Orange Soda	2.80	11.2
Coca-Cola	2.53	9.3
Pepsi	2.49	9.8
Battery Acid	1.00 (yikes)	0.0

* Laboratory tests, University of Minnesota School of Dentistry, 2000.
** USDA, 4.2 grams = 1 tsp.

Thanks to the Missouri Dental Association for sharing Stop the Pop.
Arkansas Department of Health, Office of Oral Health. 2006

Statistics © 1998 CSPI *Liquid Candy Report*

Fluoride: The Natural State of Water



Stop the Pop!

Drink Fluoridated Water

how tooth decay starts ... and how to stop it !!

- Sugar, and certainly the sugar in soft drinks (pop, soda, “coke”), combines with bacteria in your mouth to form acid
- The acid attacks your teeth. Each acid attack lasts about 20 minutes and acid attacks start over again with each sip.
- Ongoing acid attacks weaken tooth enamel by removing the minerals that make it hard.
- Cavities begin when the tooth enamel is damaged.
- Fluoride, especially in fluoridated drinking water, replaces the minerals lost in acid attacks, and repairs cavities before they destroy the tooth.
- Drinking fluoridated water keeps teeth surrounded by the healing properties of fluoride to prevent acid attacks.
- Bottled water does not usually contain enough fluoride to prevent cavities.
- Remember, diet or “sugar-free” soft drinks still have enough acid that can harm your teeth. Although fruit drinks aren’t carbonated like pop, they too have acid and sugar that can cause decay.

Fluoride: The Natural State of Water

*Arkansas is the
“Natural State,”
and all water contains
some fluoride.*



*Fluoridation merely
adjusts the natural level
of fluoride in the water to
prevent tooth decay!*

how to reduce tooth decay

- Drink fluoridated water.
- Drink soda pop in moderation.
- Don’t sip on a soft drink for extended periods of time. Sipping exposes your teeth to prolonged sugar and acid attacks.
- After drinking pop, rinse your mouth with water to dilute the sugar that can cause decay.
- Never drink pop or juice before going to sleep without brushing your teeth with fluoride toothpaste first. The cavity-causing liquid pools in your mouth and coats your teeth and tongue with sugar and acid.
- Read labels. Regular pop is high in sugar and acid, and diet sodas contain acid too. Both sugar and acid are bad for your teeth.
- Drink water instead of soft drinks. It has no sugar, no acid, no calories, contains fluoride and contributes to overall health.
- Get regular dental checkups and cleanings to remove bacteria buildup. Flossing regularly and using a fluoride toothpaste also help prevent tooth decay.

Visit www.aroralhealth.com
to learn more about preventing tooth decay.

Office of Oral Health 501-661-2595