

Switch to Water

Drinks Damage Teeth

Reduce your intake of drinks containing sugar and acid. Water is the best choice. It's free. It's fresh. It's available on tap.

Acid

Drinks that are acidic have a high erosive potential. They soften tooth enamel and dissolve the outer layer.



Sugar

Tooth decay occurs when sugar feeds the bacteria in the mouth and produces acid. This acid attacks the teeth and causes gradual destruction of the tooth.

Time

The longer it takes to drink a sugary, acidic drink, the greater the damage. Sipping for a long time causes more damage due to prolonged contact time with the teeth.

Soft drinks, sports drinks, energy drinks and juices contain acid and sugar that destroy teeth.



**New Zealand
Dental Assoc.**