

# Switch to Water

**Avoid tooth decay and excess calories by switching your sugary drinks to water.**

- Carry a water bottle with you when you are out and about.
- If you are thirsty, drink water first.
- For variety, try making your own flavoured water with fresh herbs, vegetables or fruit.

## **Myth:**

Unsweetened natural fruit juices contain no sugar and acids.

## **Fact:**

Not true! They still contain sugars and acids. Moreover, they contain no fibre. Best to eat your fruit, not drink it.

**Hydrate yourself with water. It's free, fresh and available on tap.**

## **Myth:**

It is ok to drink artificially sweetened drinks known as diet or zero-calorie drinks.

## **Fact:**

Not true! These drinks have a high erosive potential due to their acid content and contribute to tooth erosion.



**New Zealand  
Dental Assoc.**