

Sugary Drinks Can Hurt Your Smile



How can sugary drinks hurt my smile?

Sugary drinks are not good for your teeth. They can cause really bad health problems like being too heavy or getting diabetes. But they can also hurt your smile. When your drinks have too much sugar, you could get:

- » Tooth problems like tooth decay or cavities
- » Mouth problems like disease in your gums (the soft part around your teeth) or bad breath

You can keep your teeth and mouth healthy by choosing the right drinks.

Which drinks are good for my smile and which ones are not?

CHOOSE THESE DRINKS.

They have little or no sugar. They will not cause trouble for your teeth or mouth.

- ✓ Water (with fluoride)
- ✓ Unsweetened tea
- ✓ Milk
- ✓ Diluted (add water) juice
- ✓ Low sugar vegetable juice



LIMIT OR AVOID THESE SUGARY DRINKS.

They can stick to your teeth and cause big problems for your teeth and mouth.

- ✗ Regular cokes or pop (the diet ones have less sugar or no sugar)
- ✗ Energy and sports drinks (unless they are sugar-free)
- ✗ Chocolate milk
- ✗ Smoothies
- ✗ Fruit juices
- ✗ Sweet tea



How can I slow down or stop my cravings for sugary drinks?

- » Before getting a sugary drink, think about how bad it is for your general health and your teeth.
- » Pick drinks that have less sugar. Try to cut back to 2 sugary drinks per week.
- » Drink water first if you are going to have a sugary drink.
- » Do not drink sugary drinks between meals. If you must have one, have it with your meals.
- » Use a straw. This way, the sugar does not touch your teeth as much.



What else can I do to protect my smile?

Besides making good drinking choices, you can:

- » Brush your teeth 2 times each day.
- » Floss 1 time each day.
- » Visit your dentist 2 times each year (every 6 months).



REMEMBER

Drinking sugary drinks affect your general health and your smile.
Make good drink choices and keep good oral health habits.



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