

# SIP ALL DAY...GET TOOTH DECAY

(adapted from the pamphlet “Sip all day, Get Dental Decay” produced by the Kansas Dental Association, Research courtesy of Minnesota Dental Association and the University of Minnesota School of Dentistry)

## Pop contains Acid.

The acid attacks your teeth. Each acid attack lasts about 20 minutes. The acid attacks start over with every sip of pop.

## How much pop do you drink a week?

Pop is no longer an occasional treat. It has become a daily habit for many people especially kids, teens and young adults. Drinking pop is a leading cause of tooth decay

## Hard Facts About Pop.

- Larger container sizes mean more calories, sugar and acid in a single serving. A 64-ounce “Big Cup” has more than 5 cans of pop in a single serving.
- All of the calories in pop come from sugar. There is no nutritional value in pop.

- In addition to decay, drinking a lot of pop has been linked to diabetes, obesity and osteoporosis.
- One in five 1 and 2 year olds drink pop daily.

## How to Reduce Decay?

- Drink pop in moderation.
- Don’t sip pop for long periods of time.
- After drinking pop, swish you mouth with water to dilute the sugar and acid.
- Never drink pop or juice just before going to bed.
- Read labels! Regular pop is high in sugar. Diet or “sugar free” pop is high in acid. Both are bad for you teeth.

Drink water instead of pop. It has no sugar, acid or calories.

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## SUGAR & ACID = DOUBLE TROUBLE

Per 12 oz serving

	ACID* Low = Bad	Sugar** Per 12 OZ serving
Pure Water	7.0 (neutral)	0 tsp
Barq's Root Beer	4.0	11 tsp
Minute Maid (R) Orange Juice	3.8	9 tsp
Propel (R) Fitness Water	3.4	1 tsp
Red Bull (R)	3.3	10 tsp
Sprite (R)	3.3	10 tsp
Mountain Dew (R)	3.3	12 tsp
Diet Coke (R)	3.1	0 tsp
Sierra Mist	3.1	10 tsp
Full Throttle Energy Drink	3.0	11 tsp
Diet Pepsi (R)	3.0	0 tsp
Gatorade (R)	2.9	5 tsp
Sunkist (R) Orange Soda	2.9	13 tsp
Dr. Pepper (R)	2.9	10 tsp
Vault Energy Soda	2.9	12 tsp
Amp—Mountain Dew (R)	2.8	11 tsp
SoBe (R) Energy Citrus	2.6	12 tsp
Minute Maid (R) Lemonade	2.6	10 tsp
Pepsi (R)	2.5	11 tsp
Diet Schweppes Tonic Water	2.5	0 tsp
Coca-Cola (R) Classic	2.4	10 tsp
Battery Acid	1.0	0 tsp

\* Laboratory tests, Dr. John Ruby, University of Alabama, Birmingham School of Dentistry, 2007. \*\* 4.0 grams = 1 teaspoon sugar Minnesota Dental Association, Sip All Day, Get Decay, c 2002.