



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 Gulp" 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.
- When you drink pop, you bath your teeth in sugar. Bacteria on your teeth eat the sugar and produce acid in addition to the acid that is in the pop! This acid causes demineralization (white spots) and cavities (tooth decay).
- In addition to decay, drinking a lot of pop has been linked to diabetes, obesity and osteoporosis.

How to Reduce Decay?

- Drink pop in moderation.
- Don't sip pop for long periods of time.
- After drinking pop, swish your 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 your teeth.
- Drink water instead of pop. It has no sugar, acid or calories.

SUGAR & ACID = DOUBLE TROUBLE

Per 12 oz serving

Liquid	Acid* Low = Bad	Sugar** Per 12 oz serving
Pure Water	7.0 (neutral)	0 tsp
Barg's Root Beer	4	11 tsp
Minute Maid OJ	3.8	9 tsp
Propel Fitness Water	3.4	1 tsp
Red Bull	3.3	10 tsp

Liquid	Acid* Low = Bad	Sugar** Per 12 oz serving
Sprite	3.3	10 tsp
Mountain Dew	3.3	12 tsp
Diet Coke	3.1	0 tsp
Sierra Mist	3.1	10 tsp
Full Throttle Energy Drink	3	11 tsp
Diet Pepsi	3	0 tsp
Gatorade	2.9	5 tsp
Sunkist Orange Soda	2.9	13 tsp
Dr. Pepper	2.9	10 tsp
Vault Energy Soda	2.9	12 tsp
Amp Mountain Dew	2.8	11 tsp
Sobe Energy Citrus	2.6	12 tsp
Minute Maid Lemonade	2.6	10 tsp
Pepsi	2.5	11 tsp
Coke	2.4	10 tsp
Battery Acid	1	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.

Noyce Orthodontics

Matthew R Noyce, DDS, MS

400 Jules Street Suite #440 | St. Joseph, MO 64501 | P: 816-364-1911

510 Branch St. | Platte City, MO 64079

www.noyceorthodontics.com | info@stjoebraces.com