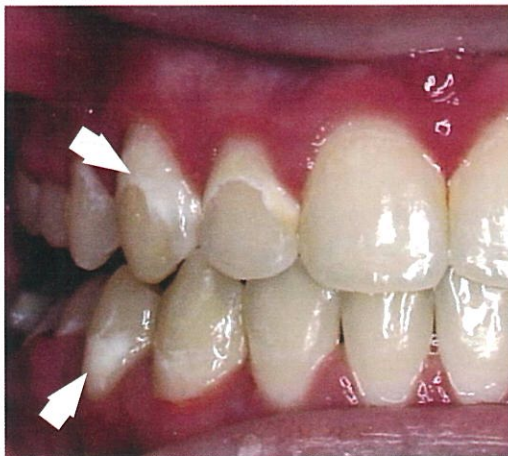


Dental Perfection



Below are pictures of teenagers who had poor oral hygiene and consumed large amounts of soda, resulting in white spots and puffy gums.

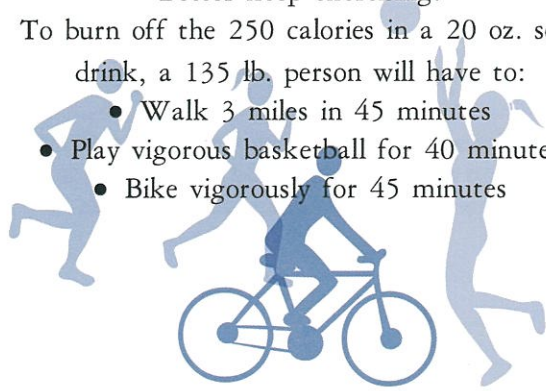


ATTENTION !! SODA DRINKERS

Better keep exercising!

To burn off the 250 calories in a 20 oz. soft drink, a 135 lb. person will have to:

- Walk 3 miles in 45 minutes
- Play vigorous basketball for 40 minutes
- Bike vigorously for 45 minutes



BALDWIN COUNTY

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Our office is actively working to educate students, parents and school administrators about the risks soft drinks have on oral health and the link to poor nutrition and obesity.

*Working with communities
for
healthy smiles.*



How decay starts:

- Sugar in soda combines with the bacteria in the mouth to form acid.
- The acid attacks teeth. Each acid attack lasts 20 minutes and acid attacks start over again with every sip. Ongoing acid attacks weaken the tooth enamel.
- Cavities begin when tooth enamel is damaged.
- Don't Forget! Diet or "sugar-free" soda still has acid that can harm your teeth, and although sweetened fruit and sports drinks aren't carbonated like pop, they too have acid and sugar that can cause decay.

How to reduce decay:

- Drink soft drinks and anything sweetened in moderation. Throw the cap away to prevent ongoing sipping. Sipping exposes teeth to prolonged sugar and acid attacks.
- Use a straw to keep the sugar and acid away from your teeth. After drinking swish your mouth with water to dilute the sugar and acid.
- After brushing your teeth, never drink anything except water before sleeping. Drinking soft drinks after brushing coats the teeth with sugar and acid while you sleep.
- Read the labels. Regular soda is high in sugar and acid, and diet soda contains acid too. Both sugar and acid are BAD for your teeth. Drink water instead. It has no sugar, acid or calories and, it contributes to overall health.
- Get regular dental checkups and cleanings to remove bacteria buildup (plaque). Flossing regularly, brushing with fluoride toothpaste, and fluoridated water (not bottled) are essential to a healthy smile!

Sugar & Acid are Double Trouble

Regular soda contains both sugar and acid that can lead to tooth decay. And while diet soda is sugar free, it still contains harmful acid.

	Acid* Low is Bad	Sugar** Per 12 oz. serving (1 can)
Pure Water	7.00(neutral)	0.0
Barq's	4.61	10.7 tsp.
Diet Barq's	4.55	0.0
Diet 7Up	3.67	0.0
Sprite	3.42	9.0 tsp.
Diet Dr. Pepper	3.41	0.0
Diet Coke	3.39	0.0
Diet Mountain Dew	3.34	0.0
Grape Minute Maid Soda	3.29	11.9 tsp.
Mountain Dew	3.22	11.0 tsp.
Fresca	3.20	0.0
Orange Slice	3.12	11.9 tsp.
Diet Pepsi	3.05	0.0
Nestea	3.04	5.0 tsp.
Surge	3.02	10.0 tsp.
Gatorade	2.95	3.3 tsp.
Dr. Pepper	2.92	9.5 tsp.
Squirt	2.85	9.5 tsp.
Hawaiian Fruit Punch	2.82	10.2 tsp.
Orange Minute Maid Soda	2.80	11.2 tsp.
Coke Classic	2.53	9.3 tsp.
Pepsi	2.49	9.8 tsp.
Battery Acid	1.00 (ouch)	0.0

* Laboratory tests, University of Minnesota School of Dentistry, 2000

** USDA: 4.2 grams = 1 teaspoon sugar



TRY THIS: Spoon out 10 level teaspoons of sugar into a bowl. This is the amount of sugar you consume in an average 12 oz. regular soft drink. Now spoon out 17 teaspoons of sugar. This is the amount in an average 20 oz. regular soft drink. (over 1/3 cup of sugar) Now times that amount by the number of soft drinks you consume in a day. WOW!!

Hard Facts about Soft Drinks?

- American consumption of soft drinks, including carbonated beverages, fruit juice and sports drinks increased by 500 percent in the last 50 years.
- Today Americans consume more than 52 gallons of soda per year. This amount surpassed all other beverages. One of every four beverages consumed today is a soft drink.
- Today, 20% of all 1-2 year-old children drink soft drinks and teens drink twice as much soda as milk as opposed to 20 years ago when they drank twice as much milk as soda.
- A soft drink in the 50's was 6.5 ounces. Today, a 12-ounce can is standard and a 20-ounce bottle is common. Larger container sizes mean more calories, more sugar and more acid in a single serving.
- Soft drinks are America's single biggest source of refined sugar.
- In addition to cavities, heavy soft drink consumption has been linked to diabetes, kidney stones, heart disease.
- As soft drink consumption increases, milk consumption decreases. Caffeine also causes the excretion of calcium in the urine. These two factors are increasing the risk of osteoporosis and bone fractures.

Statistics (c) 2005 CSPI. Adapted from Liquid Candy Report.

Web sites with more information
www.mndental.org
www.ada.org