

# How Much Sugar Is In My Drink?



## The bacteria in our mouths eat sugar, just like humans do.

- When bacteria eat sugar, they produce acid as a waste product.
- This acid causes tooth decay.
- Limit the exposure of sugar to teeth. Each time sugar is introduced to the mouth, teeth are under an “acid attack” for 20 minutes.

## A few tips to limit sugar exposure to teeth:

- Drink with a straw. This helps liquid go to the back of your mouth and miss your teeth.
- Enjoy sugary drinks during meal times: Food helps to buffer acid, and the act of eating helps to naturally clean the teeth.
- Drink sugary drinks in one sitting rather than sipping throughout the day.
- Swish with water after drinking a sugary beverage.



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