

# How Much Sugar Is In My Drink?



## Harmful effects of sugary beverages on your teeth:

- When the bacteria in your mouth are exposed to sugar, they produce acid as a waste product.
- This acid is what causes tooth decay, which is why we should limit the amount of sugar we eat.
- It's also important to limit the exposure of sugar to teeth, because each time sugar is introduced to the mouth, the "acid attack" lasts for 20 minutes.



**Iced Latte**

4 Spoonfuls

**Kombucha**

4 Spoonfuls

**Juice Box**

6 Spoonfuls

**Sports Drink**

9 Spoonfuls

**Energy Drink**

10 Spoonfuls

**Soda Pop**

16 Spoonfuls

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

- Drink with a straw. This helps liquid to bypass 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 all at once rather than sipping throughout the day.
- Swish with water after drinking or eating sugar.

\*1 teaspoon (spoonful) = 4 grams of sugar



## The Power of Smile™

Learn more about how your oral health connects to your overall health at:

[DeltaDentalNE.org](http://DeltaDentalNE.org)