

**Sip ALL DAY,**

**Get DEGGY!<sup>®</sup>**



**SIP ALL DAY**

**GET DECAY**

© MINNESOTA DENTAL ASSOCIATION

	<b>Acid*</b>	<b>Sugar**</b>
	<b>Low = Bad</b>	Per 12 oz. Serving (1 can)
<b>Pure Water</b>	7.00 (neutral)	0.0
<b>Barq's Root Beer</b>	4.61	10.7 teaspoons
<b>Diet 7UP</b>	3.67	0.0 teaspoons
<b>Sprite</b>	3.42	9.0 teaspoon
<b>Diet Coke</b>	3.39	0.0 teaspoons
<b>Grape Minute Maid Soda</b>	3.29	11.9 teaspoons
<b>Mountain Dew</b>	3.22	11.0 teaspoons
<b>Fresca</b>	3.20	0.0 teaspoons
<b>Orange Slice</b>	3.12	11.9 teaspoons
<b>Diet Pepsi</b>	3.05	0.0 teaspoons
<b>Nestea</b>	3.04	5.0 teaspoons
<b>Gatorade</b>	2.95	3.3 teaspoons
<b>Dr. Pepper</b>	2.92	9.5 teaspoons
<b>Hawaiian Fruit Punch</b>	2.82	10.2 teaspoons
<b>Minute Maid Orange Soda</b>	2.80	11.2 teaspoons
<b>Coke Classic</b>	2.53	9.3 teaspoons
<b>Pepsi</b>	2.49	9.8 teaspoons
<b>Battery Acid</b>	1.00 (ouch)	0.0

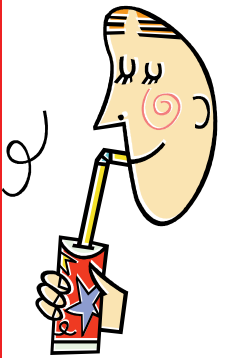
\* Laboratory tests, University of Minnesota School of Dentistry, 2000;

\*\*USDA: 4.2 grams = 1 tsp. of sugar

# HOW TO REDUCE TOOTH DECAY



- Drink water instead of soda. Water has no sugar, no acid and no calories.



- Drink soft drinks in moderation.
- Use a straw.
- Avoid sipping for extended periods of time. Ongoing sipping prolongs sugar and acid attacks on your teeth.



- After drinking, swish your mouth out with water to dilute the sugar and acid.



- Avoid drinking soda or juice just before bedtime. If you do, be sure to brush afterwards.

Nutrition Facts	
Serving Size 1 Container (16 fl oz)	
Amount Per Serving	
Calories 170	Calories from Fat 4
% Daily Value*	
Total Fat 1g	2%
Total Sugar 38g	76%
Cholesterol 0mg	0%
Sodium 170mg	34%
Total Caffeine 0g	0%
Dietary Fiber 0g	0%
Protein 0g	0%
Vitamins	
Vitamin A 0%	Vitamin C 0%
Calcium 40%	Iron 0%

\*Percent Daily Values (DV) are based on a diet consisting of 100% soft drinks. Daily values may be higher or lower depending on your calorie needs.

- Read labels.
- Regular soda and fruit juices are high in sugar and acid. Diet or "sugar-free" sodas are high in acid. Sugar and acid may harm your teeth.



- Brush with fluoride toothpaste at least twice a day.



- Use dental floss everyday.

# 1.

(Hint!)



**Lift Up!**

# 2.

(Hint!)



+



**Lift Up!**

Drink water  
instead of  
soda.

No sugar.  
No acid.  
No calories.

Avoid sipping  
soda all day.

The acid in sodas  
attacks tooth enamel.  
Acid attacks start  
with each new sip and  
last 20-40 minutes.

3.

(Hint!)



Lift Up!



4.

(Hint!)



Lift Up!

After drinking a soda, swish your mouth out with water to dilute the sugar and acid.

Avoid drinking soda, juice or milk before bedtime. If you do, brush afterwards.

# 5.

(Hint!)

Lift  
Up!

Nutrition Facts	
Serving Size 1 packet (1g)	
Servings per Carton 100	
Amount Per Serving	
Calories 0	
Total Fat 0g	% Daily Value*
Sodium 0mg	
Total Carb. less than 1g	0%
Fiber less than 1g	0%
Total Fat 0g	
Saturated Fat 0g	0%
Trans Fat 0g	0%
Total Carb. 0mg	0%
Dietary Fiber 0g	0%
Sugars less than 1g	0%
Total Fat 0g	
Saturated Fat 0g	0%
Trans Fat 0g	0%
Total Carb. 0mg	0%
Dietary Fiber 0g	0%
Sugars less than 1g	0%
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%

# 6.

(Duh!)

Lift  
Up!



- Read labels.
- Regular soda is high in sugar and acid.
- Diet or "sugar-free" soda has acid too.
- Fruit juice and sports drinks also have acid and sugar.



**BRUSH and  
FLOSS!**

Two minutes,  
Twice a day!

# **Teen Girls Drink**

**About 1.7 12 ounce sodas per day...**

**For an average of 621 sodas per year...**

**Which equals**

**13 5lb bags of sugar  
per year**



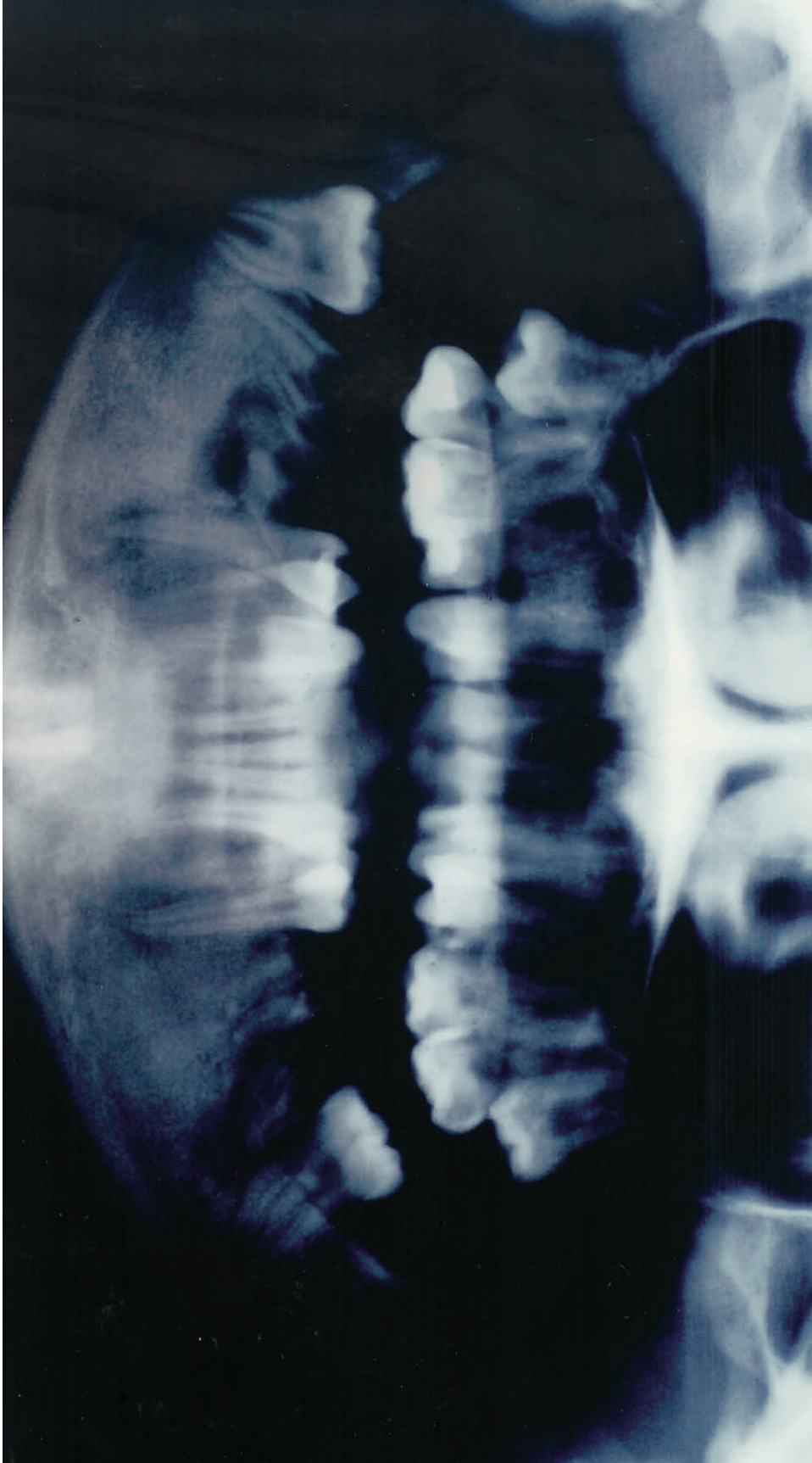
# **Teen Boys Drink**

**About 2.5 12 ounce sodas per day...**

**For an average of 867 sodas per year...**

**Which equals**

**18 5lb bags of sugar  
per year**



**Because the pH scale is logarithmic, a one unit change in pH is associated with a 10 fold change in the acidity.**

**For example, Coke Classic is roughly 100 times as acidic as Barq's root beer.**

**Demineralization, or loss of tooth material, begins at a pH of 5.5.**

YUCK, ICK,  
GROSS.



This 16-year-old had no cavities last year and  
15 cavities one year later.

Sugar  
+ Acid

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Double Trouble

Check out the Minnesota State Dental Association  
[www.mndental.org](http://www.mndental.org) website for  
“Sip All Day, Get Decay” campaign information.