



SUGAR INTAKE

Cutting down on your sugar intake can reduce your risk of getting cavities. You probably don't realize how much sugar you eat in a day; so check your nutrition facts. You will probably be surprised.

Soda is especially harmful to your teeth due to the combination of high amounts of sugar and acidic nature of carbonated beverages. The acid weakens the enamel of your teeth allowing the sugar to penetrate to the dentin (the softer layer of tooth under the enamel). This brings a rapid decay process, which will bring you back to your Dentist with painful cavities. Eliminating soda from your diet is ideal but if you must drink soda, have it with your meal and brush and floss afterwards. This cuts down the amount of time the acid has to cause damage to your teeth.

Allowing small children to sip from a sippy cup filled with juice or milk throughout the day constantly bathes their teeth in sugar. They should be given these drinks with their meals, brushing afterwards. Children should not be given any drinks except water after brushing their teeth at bedtime.

Below are just a few examples of drinks and snacks that have surprisingly high levels of cavity causing sugars that can damage your teeth, especially if allowed to remain on your teeth for long periods of time.

16 oz of Regular Soda	60g
16 oz of Orange Juice	59g
16 oz of Juicyjuice Fruit Punch	60g
16 oz of Apple Juice	52g
16 oz of Grape Juice	70g
16 oz of Kool-Aid	68g
16 oz of Milk.....	24g
1 Regular Candy bar	30g
1 cup of Jell-O.....	38g
1 cup of Fruit5	2g
1 Fat Free Candy bar	20g
16 oz of Slimfast.....	35g
16 oz of Ice Tea.....	19g
2 Tbsp Nestle Quick.....	18g
16 oz of Hot Chocolate.....	34g
Flavored Coffee Creamer.....	7g
1 piece of Chewing Gum	3g
1 Breath Mint	2g
1 Antacid	2g
1 Cough Drop	2g
1 Calcium Supplement Chew.....	3g
1 Children's.....	2g

Amounts of sugar approximately:

- 5 Grams per Teaspoon
- 15 Grams per Tablespoon
- 40 Grams per Cup