



# A "Rotting" Recipe Sugar + Acid

Two typical nutrition charts

Beverage	Acid Low=Bad	Sugar High=Bad
<b>Pure Water</b>	<b>7.00 (neutral)</b>	<b>0.0</b>
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.
<b>Battery Acid</b>	<b>1.00</b>	<b>0.0</b>

**Nutrition Facts**  
Serv. Size 1 Can

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Amount Per Serving  
Calories 140  
Total Fat 0  
Sodium 50mg  
Total Carb 39g  
**Sugars 39g**  
Protein 0

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CARBONATED WATER,  
**HIGH FRUCTOSE, CORN SYRUP**  
AND/OR **SUCROSE**, CARAMEL  
COLOR, PHOSPHORIC ACID,  
NATURAL FLAVORS, CAFFEINE

**Nutrition Facts**  
Serv. Size 1 Can

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Amount Per Serving  
Calories 140  
Total Fat 0  
Sodium 50mg  
Total Carb 39g  
Protein 0

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CARBONATED WATER,  
**PHOSPHORIC ACID**, POTASSIUM  
BENZOATE (TO PROTECT TASTE)  
NATURAL FLAVORS, **CITRIC ACID**



# Got Rot?

The **HARD** truth about soft drinks.



Source: Minnesota Dental Association, acid and sugar content per 12 fl. oz. can

# The biz on FIZZ



Are you a soda drinker? Do you like canned fruit punch, juice boxes, bottled tea, lemonade. . .? The typical American drinks 53 gallons of soda a year, and the consumption of soft drinks in general has increased 500% in the last 50 years. For instance, a 1950's soda was 6.5 ounces—less than one cup. Today, a 1½-cup soft drink is standard, and a 2½-cup bottle is common! A “super-sized cup” has more than five cans of pop in one serving! Each regular soft drink contains an average of 10 teaspoons of sugar—and the more sugar in your diet, the greater the risk of cavities and weight gain.

## Kids gain knowledge in school, but lose their teeth.

- ✦ Did you know that some schools receive support from soft drink companies, called “pouring rights?” These are contracts to require the sale of soda and other soft drinks in your school. In return, your school receives money for educational and athletic programs.
- ✦ Many schools have vending machines or school stores where you can buy drinks—nearly half of elementary schools, ¾ of middle schools, and almost all high schools.
- ✦ Three out of every four drinks available are soft drinks, sports drinks or fruit drinks—all of which can cause major damage to your teeth.



## Soft drinks—the cavity link

- ✦ Soda is sugar water with no nutritional value. The more sugar in your diet, the greater your chance of tooth decay.
- ✦ When sugar in soft drinks combines with the bacteria in your mouth, acid forms.
- ✦ Diet soda isn't safe either. It contains its own acid.
- ✦ The more you're exposed to acid, the greater the risk of damage to your teeth.
- ✦ Each acid attack lasts about 20 minutes, and begins again with every sip you take.
- ✦ Repeated acid attacks eat away your tooth enamel.
- ✦ Cavities start when sugars and acids damage the enamel—and your teeth begin to rot away.

## Nothing “soft” about ‘em

- ✦ Sodas and sugar-filled drinks are loaded with empty calories that make you gain weight—even by just drinking one or two a day.
- ✦ Your jaws are made of bone—as your bones become weak from lack of calcium, so does your ability to hang onto your teeth. They'll rot and fall out.
- ✦ In later years, you may have weak bones that look like Swiss cheese!
- ✦ Soft drinks will also stain your teeth with artificial coloring.



## Save your smile

- ✦ Your smile is one of the first things that other people notice about you.
- ✦ After a soft drink, brush and floss. If you can't, rinse your mouth with water to dilute the sugar.
- ✦ Don't sip over a long period of time—each sip is a new attack launched on your teeth.
- ✦ Don't drink soda or juice before bedtime—the liquid collects in your mouth and coats your teeth and tongue with sugar and acid.
- ✦ Say “no” to soft drinks at your school—and tell your teacher or principal why! Ask for healthy options, like bottled water, milk, and 100% juices.
- ✦ Floss every day to remove plaque and debris from between your teeth and along the gum line.
- ✦ Take time to read the label on whatever you drink.
- ✦ Brush at least twice a day with fluoride toothpaste.
- ✦ Visit your dentist for regular checkups!

**From over 6,000 Illinois  
State Dental Society  
dentists who care  
about your smile.**

