

#DM2002-37

“LIMITING SUGARY SOFT DRINKS”

TODAY, THE MOST POPULAR BEVERAGE AMONG AMERICANS IS SOFT DRINKS. THEY ARE CONSUMED MORE FREQUENTLY THAN WATER, MILK, BEER, OR COFFEE. IN THE YEAR 2000, 53 GALLONS OF SOFT DRINKS WERE CONSUMED PER PERSON!

GOOD NUTRITION HAS A DIRECT LINK WITH GOOD ORAL HEALTH.

INCREASED SUGAR IN YOUR DIET RAISES YOUR RISK OF TOOTH DECAY, AND SOME SOFT DRINKS CONTAIN 11 TEASPOONS OF SUGAR PER SERVING. MANY SOFT DRINKS CONTAIN PHOSPHORIC OR CITRIC ACID. PRELIMINARY STUDIES SUGGEST THE ACID IN THESE DRINKS MAY ALSO INCREASE THE RISK OF ENAMEL EROSION.

TO KEEP A HEALTHY SMILE, TRY LIMITING SUGARY SOFT DRINKS TO MEALTIMES. EAT A WELL BALANCED DIET FOCUSING ON FOODS FROM THE FIVE MAJOR FOOD GROUPS. THE BETTER THE QUALITY OF FOOD YOU PUT INTO YOUR BODY, THE BETTER YOUR OVER-ALL-HEALTH CAN BE, AND THAT INCLUDES YOUR TEETH AND GUMS.

FOR THE ADA DENTAL MINUTE, I'M DR. MARIA LOPEZ HOWELL.