

# CANNING TOOTH DECAY



**M**ore and more children and teenagers today have made drinking soda and other sugar-sweetened beverages a part of their daily routine, including at mealtime. As a result, the dental community is seeing more evidence of tooth decay in young people.

The American Heart Association recommends that kids ages 2 to 18 should have less than 25 grams, or 6 teaspoons, of added sugars daily. One 12-ounce can of regular soda contains 10 teaspoons of sugar—about 65% more added sugars than the recommended daily limit. Supersizing your beverage to a 20-ounce bottle contains 16 teaspoons of the sweet stuff—230% more added sugars than the recommended daily limit!

Drinking sugar-sweetened beverages can play a major role in dental decay. Even with regular brushing and flossing, both regular and diet sodas can break down the enamel of teeth. Tiny bacteria live between and around teeth and, when exposed to the sugar in soft drinks, produce an acid that causes damage to tooth enamel, which eventually leads to decay and cavities. And it doesn't take long—this acid can begin to wreak havoc in only 20 minutes.

Kick that sugary soda habit to the curb and have a glass of water instead. Your teeth—and your body—will thank you.

