

Stop the Soda Pop (Your Teeth Will Thank You!)

You might call it pop. You might call it soda. No matter the name, experts agree it's bad for your teeth.

Why?

If you look at the ingredients on a can of pop, you will likely see “phosphoric acid” and/or “citric acid.” Acid is added to pop to make it taste better and to help preserve it. Unfortunately, acid is also a “corrosive” substance. This means that it gradually eats away at things it comes in contact with—in this case, the enamel of your teeth. Weakened tooth enamel is a leading cause of tooth decay and cavities.

Water has a pH level of 7.0, which means it is neutral. Anything with a pH lower than 7.0 is considered acidic. To give you an idea of how harmful the acid in pop can be, consider that battery acid has an acid level of 1.0 and a 12-ounce serving of Coca-Cola® has an acid level of 2.4. What's more, Coca-Cola® has 10 teaspoons of sugar!

What can you do?

- Drink pop in moderation and substitute other drinks, such as milk or water.
- If you do drink pop, try drinking it through a straw to keep the liquid away from your teeth. Don't sip on pop for a long time. The longer you sip, the longer sugar and acid can attack your teeth. Afterwards, rinse your mouth with water. This will help rid your mouth of sugar and acid.
- Take good care of your teeth. Using a fluoride toothpaste can help strengthen your tooth enamel. Get regular dental checkups.

The next time you think of reaching for a can of pop, think of your teeth. By limiting your pop intake and taking good care of your teeth, you can have a healthy smile—and help avoid painful cavities!

Source: Minnesota Dental Association



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1-866-431-0801 (toll free); TTY 1-800-627-3529 or 711

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