

# Acid + Sugar = Trouble

## did YOU know?

- Soft drink companies pay school districts large royalties in exchange for the right to market their product exclusively in the schools, which in turn boosts pop sales among kids.
- American consumption of soft drinks, including carbonated beverages, fruit juice and sports drinks increased by 500 percent in the past 50 years.
- Americans drank more than 53 gallons of soft drinks per person in 2000. This amount surpassed all other beverages. 1 of every 4 beverages consumed today is a soft drink, which means other, more nutritious beverages are being displaced from the diet.
- Today, one fifth of all 1- to 2-year-old children drink soda pop and teens drink twice as much soda as milk as opposed to 20 years ago when they drank twice as much milk as soda.
- A bottle of pop in the 1950s was 6.5 ounces. Today, a 12-ounce can is standard and a 20-ounce bottle is common. Larger container sizes mean more calories, more sugar and more acid in a single serving.
- In regular pop, all calories come from sugar. Soda pop is America's single biggest source of refined sugar.
- In addition to cavities, heavy pop consumption has been linked to diabetes, obesity, kidney stones, heart disease and osteoporosis.

Nutrition Facts	
Serv. Size 1 Can (regular)	
<b>Amount Per Serving</b>	
Calories	140
Total Fat	0
Sodium	50mg
Total Carb	39g
<b>Sugars</b>	<b>39g</b>
Protein	0g
<small>CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP AND/OR SUCROSE, CARAMEL COLOR PHOSPHORIC ACID, NATURAL FLAVORS, CAFFEINE</small>	

Regular pop contains both sugar and acid that can lead to tooth decay. And while diet pop is sugar free, it still contains harmful acid.

Nutrition Facts	
Serv. Size 1 Can (diet)	
<b>Amount Per Serving</b>	
Calories	0
Total Fat	0
Sodium	40mg
Total Carb	0g
Protein	0g
<small>CARBONATED WATER, CARAMEL COLOR, ASPARTAME, PHOSPHORIC ACID, POTASSIUM BENZOATE (TO PROTECT TASTE), NATURAL FLAVORS, CITRIC ACID</small>	

	Acid Amount* (low number = bad for teeth)	Sugar Amount** Per 12 ounces (1 can)
Pure Water	7.00 (neutral)	0.0
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
Minute Maid Grape 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.
Minute Maid Orange Soda	2.80	11.2 tsp.
Coca-Cola	2.53	9.3 tsp.
Pepsi	2.49	9.8 tsp.
Battery Acid	1.00 (yikes)	0.0

\*Laboratory tests, University of Minnesota School of Dentistry, 2000. Northwest Dentistry Vol. 80, No. 2 \*\*USDA: 4.2 grams = 1 teaspoon



# Stop the Pop!

No matter what you call it — a **Soft Drink, Soda or Pop** — drinking too much of it can cause dental cavities and affect your general health. And drinking too much is what today's society seems to be doing, especially youth.

Missouri Dental Association members are uniting to reverse the epidemic of dental disease among today's youth — disease which can be caused by overconsumption of pop.

Help Missouri dentists in their mission to **Stop the Pop!** Read on. Get the facts. Learn how tooth decay starts and what you can do to prevent it and improve your health.

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## how tooth decay starts

- Sugar in pop combines with bacteria in your mouth to form acid.
- This acid, plus the extra acid from soft drinks, attacks the teeth. Each acid attack lasts about 20 minutes, and acid attacks start over again with every sip.
- Ongoing acid attacks weaken tooth enamel.
- Cavities begin when tooth enamel is damaged.
- Remember! Diet or “sugar-free” pop still has acid that can harm your teeth, and although fruit drinks aren't carbonated like pop, they too have acid and sugar that can cause decay.



Soda pop is no longer an occasional treat.

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Drinking pop has become a daily habit for many people, especially kids and young adults.

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Steady consumption of pop can eventually result in tooth decay.

## how to reduce decay

- Drink soda pop in moderation.
- Don't sip on a soda for extended periods of time. Sipping exposes your teeth to prolonged sugar and acid attacks.
- Use a straw when you drink to keep the sugar away from your teeth. After drinking, rinse your mouth with water to dilute the sugar and acid that can cause decay.
- If you drink pop or juice before going to bed be sure to brush your teeth. The liquid pools in your mouth and coats your tongue and teeth with sugar and acid.
- Read labels. Regular pop is high in sugar and acid, and diet pop contains acid too. Both sugar and acid are bad for your teeth.
- Drink water instead of pop. It has no sugar, no acid and no calories and, it contributes to overall health.
- Get regular dental checkups and cleanings. Flossing regularly and using a fluoride toothpaste will help remove bacteria buildup (plaque) and help prevent tooth decay.

Visit [www.modental.org](http://www.modental.org) to learn more about **Stop the Pop!**

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