



Drinks and healthy teeth

Having sugary drinks too often, increases the risk of tooth erosion, dental decay and health problems.

What can go wrong?

Sugar & dental decay

Plaque acid from too much sugar too often can, over time, lead to dental decay.

Acid & tooth erosion

Acids in drinks can soften and wear away tooth enamel (top layer of tooth).

Making healthy choices

It is recommended that we should have less than **25g** (6 teaspoons) of "added" sugar daily.

Nutrition Information		
Serving size 300ml	Per serving	Per 100ml
Energy	18900KJ 450 Cal	630 KJ 150 Cal
Calcium	57.6 ml	19.2 ml
Sugars	24.0 ml	8.0 ml

- Read Nutritional Information label.
- Compare the amount of sugar in the per serving column.

1 teaspoon = 4 g

Best Choice (g/100ml)	Choose Carefully (g/100ml)	Poor Choice (g/100ml)
Less than 4ml	4-16ml	More than 16ml



Tap water ✓

Tap water is best. It is sugar free, non-acidic, and has fluoride, which helps strengthen and protect teeth.



Milk ✓

Plain milk is best. It has natural sugar, is non-acidic, and a good source of calcium and other important minerals.



Fruit juices

Fruit juices contain natural sugar, are often acidic and put teeth at risk of erosion and dental decay. Preferably eat whole fruit for the fibre.



Soft drinks, sports and energy drinks

Are acidic, high in sugar and increase the risk of dental decay and tooth erosion. Diet drinks have no sugar but are still acidic.

Tips to keep a healthy smile

- Drink tap water or plain milk.
- Limit sugary foods and drinks. It's best to have them with a meal.
- To help prevent tooth erosion use a straw as it helps push the liquid to the back of your mouth, avoiding your teeth.
- After drinking acidic drinks wait 30 mins before brushing as the tooth enamel is softened.
- Brush twice a day with fluoride toothpaste.
- Spit, don't rinse after brushing.
- Have regular dental check-ups.

For further information please discuss with your dental practitioner

Would you like more information or to provide feedback?

This document can be made available in alternative formats such as braille, audio tape or electronically on request.



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