Rethink Your Drink—Choose Water

Sugar-sweetened beverages (SSBs) are beverages with added sugar. These drinks include soda pop, juice/fruit drinks, sweetened teas/coffees, flavored waters, chocolate milk, and sports and energy drinks. Consumption of SSBs can lead to tooth decay and other health issues in both children and adults. In fact, drinking soda pop nearly doubles the risk of cavities in children.[1]

Further, the sugar in SSBs feeds the bacteria that produces acid in your mouth, which attacks and dissolves tooth enamel. It's also important to know that despite having more nutrients and containing only natural (not added) sugar, 100 percent fruit juice typically contains as much sugar and calories as soda pop.

So, when you or your children are thirsty, reach for a cold glass of water instead of a sugar-sweetened beverage!



Did you know?

A typical 20-ounce soda pop or juice/fruit drink contains 15–18 teaspoons of sugar—as much as in three candy bars!

Quick bites

- Reduce the number and portion size of the SSBs you consume—drink only once in a while and 8 ounces or less.
- Choose water or milk (1% or nonfat for those older than 2).
- Add zest to your water with fresh fruit slices such as lemon or lime.
- Don't let babies and toddlers carry around sippy cups or bottles containing SSBs (and no bottles in bed).
- Drinking one 12-ounce soda pop each day increases a child's chances of becoming obese by 60 percent.[2]
- People who drink one or two cans of soda pop a day have a 26 percent greater risk of developing type 2 diabetes.[3]
- Brush with fluoride toothpaste twice a day for two minutes each time, and floss once a day.

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1. Sohn W, Burt BA and Sowers MR, "Carbonated Soft Drinks and Dental Caries in the Primary Dentition," *Journal of Dental Research* 85, no. 3 (2006): 262–266. **2.** Ludwig DS, Peterson KE and Gortmaker SL, "Relation Between Consumption of Sugar-sweetened Drinks and Childhood Obesity: A Prospective, Observational Analysis," *Lancet* 357, no. 9255 (2001): 505–08. **3.** Malik VS et al., "Sugar-sweetened Beverages and Risk of Metabolic Syndrome and Type 2 Diabetes: A Meta-analysis," *Diabetes Care* 33, no. 11 (2010): 2477–483.

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