

• Drinks for a *Healthy Smile*

Beverages high in sugar and/or acid damage your teeth. Keep your smile healthy with these beverage tips:

- **Drink tap water.** Tap water contains fluoride which helps prevent tooth decay and cavities. Bottled water does not typically contain fluoride.
- **Drink milk.** A diet with adequate calcium may prevent tooth decay and gum disease.
- **Skip sodas.** Sugar or sugar free. They are liquid candy and acidic.
- **Skip sports and energy drinks.** Consumption of sports and energy drinks are on the rise. Both sports and energy drinks are highly erosive and can significantly damage teeth. Drink water or coconut water, which contains electrolytes, to rehydrate.

✓ Drink this



Water

When it comes to oral health, water is essential. It's the primary component of saliva and is important to both tooth and gum health. Water is valuable as the final rinsing agent for foods and sugary drinks. And, if fluoridated, it works to prevent tooth decay by strengthening tooth enamel.



Coconut Water

Unsweetened coconut water contains natural electrolytes, is alkaline in the body, and poses very little threat to your teeth.



Milk

Milk provides calcium and phosphates. Enriched milk also provides Vitamin D, which helps the body use calcium.



Tea/Coffee

Green and black teas contain compounds called polyphenols that interact with the bacteria that causes plaque. These polyphenols either kill or suppress bacteria, preventing them from growing or producing tooth-attacking acid. The polyphenols in coffee also have cavity-fighting properties.

⊘ Not that



Acid

The acid in soft drinks, sports drinks, energy drinks and juices softens enamel and chemically dissolves the outer layer of your teeth. This is dental erosion. Softer enamel is more susceptible to decay.



Sugar

Sugar feeds the bacteria which causes tooth decay. Soda is liquid candy that easily pools between and around teeth. This promotes bacterial growth and decay.



More Sugar

Sports and energy drinks have even more sugar than soft drinks. Even worse, we tend to reach for them when we're dehydrated. Your dry mouth is a signal that your mouth doesn't have the saliva it needs to help wash away sugar and acid from your teeth and gums.



Super-Size

Super-sized sugary drinks expose your teeth to more sugar than smaller sizes. That means the bigger the drink – the bigger your risk for cavities and other tooth damage. Also, sipping small amounts of a sugary beverage all day exposes your teeth to more sugar over a longer period of time than a meal.

Questions



Contact HRI for more information.

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