

Tooth Decay Due To Soda & Sports Drinks



One can of regular pop per day contains the maximum recommended intake of sugar a day! Neither regular nor diet pop should replace nutrient dense foods or beverages. Excessive intake of pop is detrimental to health. Excessive amounts of soda and sports drinks can contribute to obesity. People who drink 3 or more sugary sodas daily have 62% more dental decay, fillings and tooth loss! Sugary drinks like soda, sports drinks, and sweetened fruit juices often cause tooth decay due to both sugar and acid. Bacteria in the mouth feed on this sugar then spit out acid on the teeth. This acid eats away the enamel causing a cavity. Most sport drinks and sodas contain citric acid further damaging the outer layer of your teeth. Acids naturally occurring in citrus fruits like lemons can also break down the enamel.

Carbonated water, high-fructose syrup, and citric acid are among the top ingredients in soda and sport drinks. While all soft drinks can cause tooth decay, dentists consider Mountain Dew to be the worst because it contains high amounts of sugar and caffeine. Doing the Dew with a 20-ounce bottle will give a child 19 teaspoons of sugar and 93 milligrams of caffeine, which is nearly equivalent to an adult dose of NoDoz.

But the problem isn't the amount of sugar we eat, but the number of times it touches our lips. The mouth needs 20 minutes to neutralize after each exposure to sugar. Eat a whole bowl of sugar in 1 minute, and you get 1 acid burst. Put a teaspoon of sugar in a glass of water and take 1 sip every 5 minutes, and you can get 200 bursts. If 20 acid bursts can lead to a few cavities, then 200 acid bursts leads to LOTS more.

20 oz Fruitopia	18 ½ teaspoons
20 oz Regular Pop (Coke, Pepsi, Mountain Dew, Sprite)	17 teaspoons
16 oz Nestles Chocolate Milk	15 teaspoons
18 oz Fuze Drink	13 teaspoons
16 oz 100% Fruit Juice	12 teaspoons
20 oz Powerade	10 teaspoons
20 oz Gatorade	9 teaspoons
16 oz Skim Milk	4½ teaspoons
20 oz Propel	1 teaspoons
20 oz Powerade Option	1 teaspoon
20 oz Water	0 teaspoons

If you must consume sports drinks, use these guidelines. Drink quickly with a meal, use a straw, don't swish or sip between meals. Limit yourself to one 20 oz. bottle a day. Avoid large amounts of sweetened fruit juice due to high sugar content. Pure, clean water is 100% natural and still the best choice for a healthy mouth and a hydrated body. Below are more informative sites to visit.

http://www.mndental.org/dental_health/sip_decay/

<http://www.cspinet.org/sodapop/>

http://www.webmd.com/news/20070723/1-daily-soda-may-boost-heart-disease?ecd=wnl_nal_072307 **Study Shows Soda Associated with Heart Disease**