

FAMILY HEALTH HANDOUT: DENTAL STOP THE POP



HEALTH CHALLENGE

Replace sugar-added drinks with water and low-fat milk.

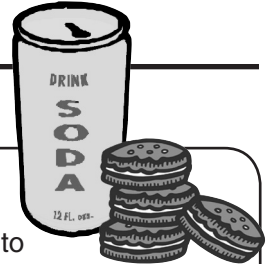
DRINK TIPS FOR HEALTHY TEETH

- Replace sugar-added drinks with healthier choices. Water keeps the body hydrated. Low-fat milk has calcium for strong bones and teeth. Aim for 3 or more cups of low-fat milk every day and 6 or more cups of water.
- Drinks with natural sugar may cause cavities. Milk and fruit juices are better for you than sugar-added drinks. To keep the sugar from staying in the mouth – brush or swish.
- Only have a sugar-added drink at mealtimes and not between meals. Brush or swish with water to help stop cavity-causing acid.



STICK IT UP!

PUT THIS ON THE REFRIGERATOR AS A REMINDER TO REPLACE SUGAR-ADDED DRINKS WITH WATER AND LOW-FAT MILK.



SUGAR QUIZ

Sugar-added drinks can lead to cavities and obesity. Mouth bacteria use sugar to make acid. Acid on teeth forms cavities.

Which drinks are your family's favorites? How many teaspoons of sugar are in each drink?

<i>Sugar-added Drinks (1 cup, 8-ounce serving)</i>	<i>Teaspoons of Sugar</i>
Cola	7
Lemon-lime soda	6½
Sports drink	5
Sweet tea	4½
Lemonade	6½
Fruit-flavored drink	4
Chocolate-flavored drink	5

Keep in mind – a 20-ounce bottle is 2½ servings. You will be drinking a lot of sugar!

FIND THE NUMBER OF TEASPOONS OF SUGAR IN A DRINK.

Read the Nutrition Facts label. There is 1 teaspoon of sugar in 4 grams of sugar listed on the label.

Example: 16 grams ÷ 4 = 4 teaspoons
(Number of grams of sugar divided by 4 =
Number of teaspoons of sugar in that serving.)

Drink brands may vary in the amounts of sugar. Check how many servings are in the container.
Example: If there are 2 servings, multiply the grams of teaspoons by 2!