

Factsheet

Sugary drinks

What are sugary drinks?

- Sugary drinks include all drinks that have sugar as an ingredient.
- Soft drink, energy drink, sports drink, and fruit juice are common sugary drinks.

Why are sugary drinks bad for my teeth?

Sugary drinks can include a lot of sugar! Some of these drinks also have food acids added as an ingredient. Drinking sugary drinks too often can damage teeth. The sugar can cause tooth decay. The acids can cause tooth erosion.

What about sugar free drinks?

The drinks without sugar still have food acids added. These drinks can still cause tooth erosion.

Diet soft drinks have been associated with overeating and weight gain.

What about fruit juice?

Fruit juice drinks include a lot of sugar. Even though the sugar comes from fruit, it can still cause tooth decay.

If you drink juice, limit your serve to 125ml.

A better option is drinking water and eating fresh fruit. This will be more filling.

If you do drink a sugary drink, here are some tips to protect your teeth:

- Take a reusable water bottle with you to school, work or when out and about. Fill this with fresh tap water. It is good for your teeth and can save you money.
- Chew sugar free gum after drinking a sugary drink. This can help your body to make more saliva that can wash the sugary drink from your mouth.
- Drink water after you finish your sugary drink.

No added sugar does not mean sugar free

Beware: Products that claim 'no added sugar' can still contain a **LOT of sugar**

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Nutrition Information	
Serves per packing: 1	Serve size: 250ml
Energy	417.5kJ
Protein	1.5g
Fat, total	2g
- Saturated	0g
Carbohydrates	22.25g
- Sugars	20g

