

# TIPS FOR HEALTHY SIPS

## CHOOSING THE BEST DRINKS FOR YOUR TEETH

MANY POPULAR DRINKS HAVE SUGAR AND ACID IN THEM; HOW OFTEN YOU DRINK THEM MATTERS TO YOUR TEETH AND SMILE. CHECK BELOW TO SEE HOW YOUR DRINKS STACK UP!

### ANYTIME

WATER HAS NO SUGAR, IS THE BEST OPTION FOR HYDRATION, AND RINSES FOOD FROM YOUR TEETH. DRINK WATER ANYTIME! EVEN BETTER IF YOU DRINK WATER WITH FLUORIDE



WATER

WHEN YOU CHOOSE WHAT TO DRINK, CHOOSE WATER!

WATER HAS NO SUGAR, ACIDS, OR CAFFEINE!



### WITH FOOD

THESE DRINKS HAVE SUGARS & ACIDS, BUT NOT AS MUCH AS THE RED COLUMN. HAVE WITH FOOD AND MEALS ONLY!



WHITE MILK



COFFEE



FLAVORED/ INFUSED WATER



SELTZER

### ON SPECIAL OCCASIONS

THESE DRINKS ARE HIGH IN SUGAR, ACID, AND MAY HAVE CAFFEINE. THEY SHOULDN'T BE CONSUMED EVERYDAY. SAVE THESE DRINKS FOR SPECIAL OCCASIONS!



SODA/POP



ENERGY DRINKS



SPORTS DRINKS



SWEET TEA

WHAT ABOUT SUGAR-FREE OR CAFFEINE DRINKS?

SUGAR, ACID, AND ARTIFICIAL SWEETENERS CAN MAKE YOUR TEETH SENSITIVE AND WEAK.

CHECK HOW MUCH IS IN YOUR DRINK BEFORE YOU SIP!



MAKE SURE TO RINSE YOUR MOUTH OUT WITH WATER AFTER DRINKING A SUGARY, SUGAR-FREE, OR CAFFEINE DRINK!



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