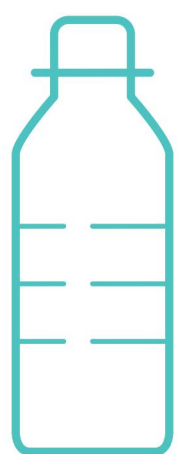
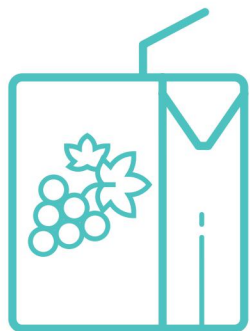


WHY SHOULD I AVOID SUGAR-SWEETENED BEVERAGES?

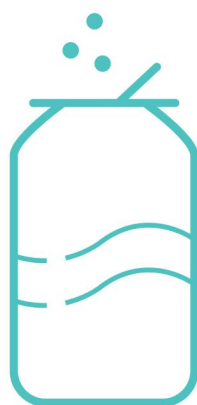
What are sugar-sweetened beverages?



SODA



FRUIT
DRINKS



ENERGY
DRINKS

DENTAL CARIES

or tooth decay is a process by which bacteria in your mouth ferment carbohydrates (sugars) and produce acids that attack the tooth surface (enamel) leading to cavities.

Why should I avoid sugar-sweetened beverages?

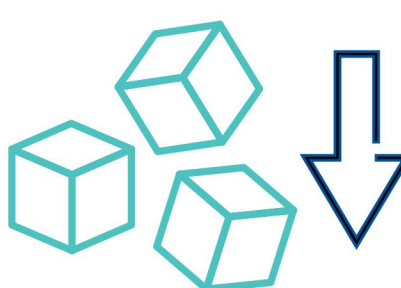
1 The sugar from SSBs is processed by the bacteria in your mouth to produce acids that destroy the tooth surface (enamel) and even deeper (dentin).



2 Sugars allow bacteria to live and grow on the surface of your teeth causing tooth decay leading to cavities.



3 The more sugar you consume, the more likely you are to get caries.



4 Drinking 1-3 sugar-sweetened beverages per day could lead to a 30% increase in dental caries.



DID YOU KNOW:

Untreated dental caries in permanent teeth is the most common global health condition, affecting 2.3 billion individuals.



What can we do?

- ▶ Limit your sugar-sweetened beverage intake.
- ▶ Drink water that is optimally fluoridated.
- ▶ Governments can implement evidence-based policies that reduce consumption of sugar-sweetened beverages, including:
 - Public health campaigns
 - Access to healthy beverage alternatives
 - Providing safe and inexpensive drinking water



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