

Kick the can for *healthier* teeth!

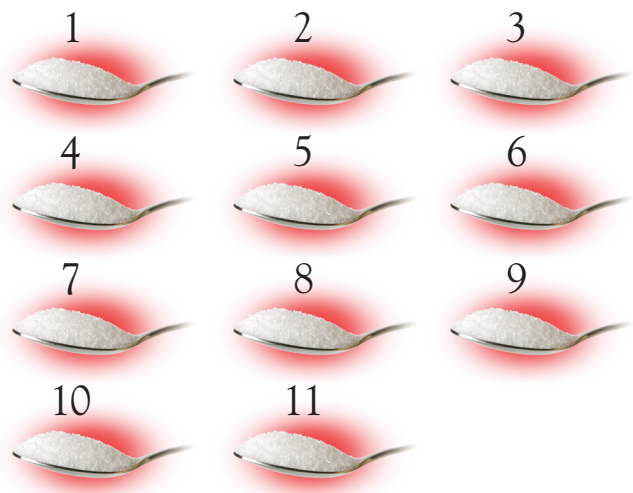


Sip soda all day...get decay.



= 11

can of soda



teaspoons of sugar!

Imagine this:

1. Open your mouth and pour in 11 teaspoons of sugar.
2. Add some acid and a little water, mix well. Repeat all day long.
3. Germs in your mouth feed on all that sugar and make more acid which causes more cavities.

That's exactly what's going on if you drink soda throughout the day.

Choose water instead of sugar sweetened beverages for a healthier mouth and body.

California Dental Association
Promoting the importance of good oral health.
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