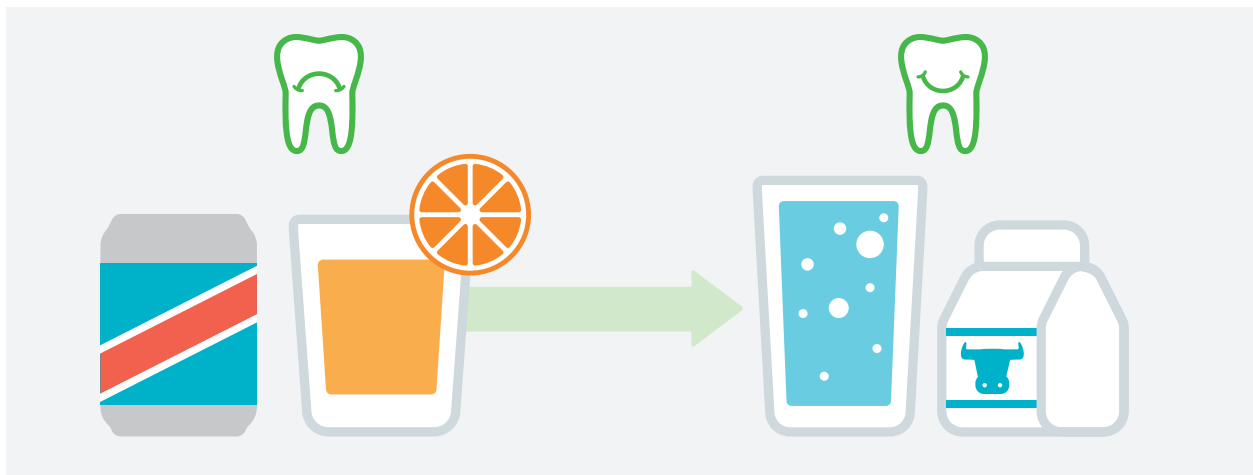


think about your drink

Make healthier choices before you pour.

You've probably heard the saying "You are what you eat" - and that goes for what you drink, too! Over the next week, think about what you pour into your glass, cup or reusable bottle. Could you trade that drink for something that's better for your teeth, like water or milk? If so, swap your beverage for something more smile-friendly. **Challenge yourself to make one trade every day for a week!**



There are 10 teaspoons of sugar in a glass of juice or can of soda.



Sun	➔
Mon	➔
Tue	➔
Wed	➔
Thu	➔
Fri	➔
Sat	➔

sip smart for a healthy smile

You probably already know that sugary foods are bad for your teeth, but have you ever stopped to think about your drinks? Beverages such as juice, soda and even sports drinks contain ingredients that aren't so smile-friendly. Check out these beverages that are good to drink, and find out about a few you should rethink.

Drink!



Plain milk

Drinking milk gives you a dose of calcium, a nutrient that helps build strong teeth and bones. Growing kids need lots of calcium – three to four servings daily.



Tap water

H₂O from the faucet is a great choice because it often contains fluoride, a mineral that gives teeth extra protection. Kids ages 4-8 should drink 5 cups of water daily, and kids ages 9-13 need up to 8 cups! Swapping sugary beverages for water helps you get the amount you need.



Flavored water

If you think plain water is boring, try adding a couple of strawberries or cucumber slices. You can also add a little splash of 100 percent fruit juice for some extra flavor. Or try sparkling water for some fizz!

Rethink!



Soda

Sugary drinks, like soda, can cause tooth decay because the sugar can turn into acids that dissolve tooth enamel. Diet soda should also be avoided. Even though diet soda is usually sugar-free, it still contains acids that harm your tooth enamel.



Sports drinks

Just like soda, sports drinks are both sugary and acidic – neither of which are good for your teeth. If you need to hydrate after a sports practice or game, choose water instead.



Fruit juice

While fruit is good for you, fruit juice contains a lot of natural sugar. Instead of drinking fruit juice, it's better to enjoy the whole fruit.

Choosing drinks like water and milk instead of soda and juice is a healthy choice for your smile and your body!

Be sure to pick the smart sips.

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