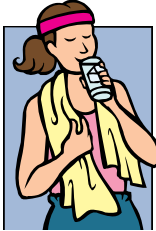


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Sports and Energy Drinks and your Dental Health

Sports and energy drinks seem to be the drink of choice with today's youth. This might be because they are often sold as a "health" drink and come in trendy packaging in "cool" colours. With warmer and longer days soon upon us, children and teens like to enjoy more outdoor activities and look for drinks to quench their thirst. There are some important facts you should know about sports and energy drinks before reaching for these to relieve thirst.



- ✓ 500 ml can (2 cups) of "Energy Drink" contains **14 cubes** of sugar
(1 cube of sugar = 1 teaspoon)
- ✓ 700 ml bottle (2 $\frac{3}{4}$ cups) of "Sports Drink" contains **10 cubes** of sugar

It is important to read the ingredients list on the label of sports and energy drinks as they may also contain caffeine, sodium, artificial colour, flavouring and sweeteners.

Frequent sipping on sugary drinks like sports and energy drinks can cause tooth decay. When the sugar from the drinks mixes with the bacteria in the mouth it forms an acid that attacks the teeth. This acid attack can last up to 20 minutes. The more we sip on these sugary drinks throughout the day, the more acid attacks we get which can cause tooth decay.

Water is the best drink of choice for thirsty children and teens. Water doesn't contain sugar or any other additives that may be unhealthy for the teeth or the body. For activities that last for one hour or less, water is the best choice to put fluids back into the body.



Remember:

- ✓ **Brush with fluoride toothpaste twice a day**
- ✓ **Floss daily to prevent tooth decay and gum disease**
- ✓ **Follow the Canada's Food Guide to keep your body and teeth healthy!**

***Note: Children under 8 years of age should have their teeth brushed and flossed by an adult**

Source: Sip Smart! BC www.bcpeds.ca

For more information, please visit www.vch.ca/dentalhealth or call Carole Charbonneau, Community Dental Hygienist for Vancouver Coastal Health, North Shore at 604-904-6200.