

# Dental Health Newsletter

May 2009



## Contents

Sugar and More Sugar	1
Sugar Blast	1
Double-Trouble	1
Sip All Day, Get Decay®	2
Activity Levels	2
Making Healthy Choices	2
Dental and Sugar Facts	2

## Newsletter Sources

- ◆ American Dental Association, [www.ada.org](http://www.ada.org)
- ◆ Academy of General Dentistry, [www.agd.org](http://www.agd.org)
- ◆ Minnesota Dental Association, [www.mndental.org](http://www.mndental.org)
- ◆ Wisconsin Dental Association, [www.wda.org](http://www.wda.org)
- ◆ United States Department of Agriculture, [www.usda.gov](http://www.usda.gov)

## Sugar - More Sugar - Hidden Sugar

The U.S. is one of the largest producers of sugar, high-fructose corn syrup, and artificial sweeteners in the world and according to the Academy of General Dentistry; the average American consumes a whopping 150lbs of sugar per year or the equivalent of 40 teaspoons a day.

Almost all foods, including milk and vegetables have some type of sugar that exists naturally. Even these sugars can contribute to tooth decay. The problem is worsened however, when we consume the hidden sugars in processed foods, soft drinks, candies and pastries which give us extra calories and no nutrients.

## Sugar Blast

Soft drinks which include soda, ice tea, fruit and sports drinks are the favorite beverages for kids aged 6 through 19 years of age.



- Kids and teens drink 3 times more soda than 20 years ago
- Kids and teens drink 2 times more soda than milk
- Boys age 12 to 19 years who drink soda consume an average of 81 gallons of soda per year
- Girls age 12 to 19 years who drink soda consume 61 gallons a year

## Double Trouble: Risk for Dental Erosion and Cavities



Bacterial plaque, a sticky bio-film that forms on our teeth, reacts with sugars or starches and produces acid which attacks the teeth. Too many acid attacks will breakdown tooth enamel resulting in tooth decay. Soft drinks like cola contain phosphoric acid, non-colas and canned iced tea contain citric acids,

and diet soft drinks are acidic too. The exposure to these acids causes dental erosion or wearing thin and weakening of tooth enamel. Our saliva helps to restore the natural balance in our mouth unless foods high in acid are consumed frequently and excessively.

Over...

## Sip All Day, Get Decay®

Continuous sipping is more harmful to teeth than a whole drink taken at one time with a meal

### Number of Teaspoons of Sugar

	12-oz. Can	20-oz. Bottle	64-oz. Big Cup
Orange Slice	11.9	19.8	63.5
Mountain Dew	11.0	18.3	58.7
Pepsi	9.8	16.3	52.3
Dr. Pepper	9.5	15.8	50.7
7-Up	9.3	15.5	49.6
Coke Classic	9.3	15.5	49.6



## Is your Activity Level up to speed?



- It takes 2 hours of moderate walking to burn off the calories in one 20 oz bottle of soda.
- Soft drinks are often called liquid candy or sugar water because they have no nutritional value
- High calories from non-nutritious foods with insufficient physical activity puts on unhealthy pounds

### Number of Calories

	12-oz. Can	20-oz. Bottle	64-oz. Big Cup
Orange Slice	190	325	1040
Mountain Dew	165	275	880
Pepsi	150	250	800
Dr. Pepper	160	250	800
7-Up	140	250	800
Coke Classic	140	250	800

## Be Proactive - Make Healthy Choices

- Limit Soft drinks ( no more than one a day)
- Choose foods from 5 major food groups
- Swish with water for 30 seconds after consuming sweetened foods/drinks
- Drink plenty of water (8 glasses a day)
- Chew sugarless gum to stimulate saliva flow
- Read labels for sugar content
- Use a fluoride toothpaste
- Brush/Floss daily
- Visit your dentist twice a year

### Dental Facts

- Number one chronic childhood disease is tooth decay
- Almost 80% of young people have had a cavity by age 17
- 25% of children between ages 2 and 5 have experienced tooth decay

### Sugar Facts

- Consumption of soft drinks has increased 500% over the past 50 years
- Americans consume more than 53 gallons of carbonated soft drinks per person per year
- U.S. market includes nearly 450 different soft drinks with retail sales of \$60 billion annually