



Why are sugary drinks not good for your children's teeth?

Regular intake of sugary drinks can increase your child's risk of cavities. Soft drinks (both regular and diet versions), lemonades and citrus fruit juices, are acidic and can erode the outer surface of the teeth. This makes the enamel thinner and the tooth more prone to decay.

Try these tips to keep your child's teeth healthy:

- Serve water to quench thirst.
- Offer plain (unflavoured) lower fat milk or fortified soy beverage with meals.
- Avoid buying drinks with added sugars.
- Read the ingredient list to check for added sugars. Other words for added sugar include sucrose, glucose-fructose, dextrose, syrups or fruit juice from concentrate.
- Limit 100% juice to 125 mL (1/2 cup) per day.

Sip Smart!™ Ontario is an initiative designed to teach children in Grades 3 to 7 what they need to know to make healthy drink choices.

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The Sip Smart!™ Ontario resources are fun and interactive. Families can find them online at www.brightbites.ca

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