

Misleading Labels

Be aware of terms like:



"Sugar Free"
"Natural Sweetness"
"Organic"
"Low Sugar"
"Natural Sugars"

None of these labels guarantee that the product is not damaging to teeth.

Sweet Surprise



= 7 teaspoons in a 330ml
can of coca cola
(11% sugar)



= 3 teaspoons in 150ml
glass fresh orange
juice
(10% sugar)



= 5 teaspoons in 250ml
of pure fruit smoothie
(10.5% sugar)



= 12 teaspoons in
471ml of chocolate
flavour milk
(10.2% sugar)



= 3 teaspoons in a
568ml bottle of cider
(2% sugar)

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**drink
more water**



**Rethink
your
Drink!**



**A Guide to
Safe Drinks
for Teeth**

Drinks and your Teeth

It is common for us to sip at drinks all day long without considering the risk to our teeth. Bathing our teeth in acidic and sugary drinks can cause tooth decay and damages tooth enamel leading to sensitivity.



(without Sugar)

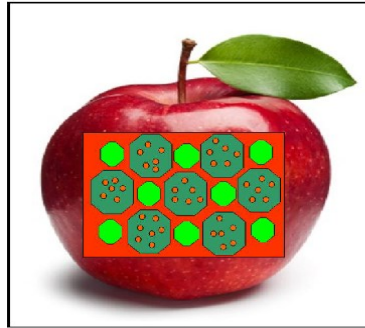


Choose plain milk, water or tea and coffee without sugar between meals.

Watch out for artificial sweeteners in some "sugar free" drinks.

These are not suitable for babies and young children

Yes to the Fruit, No to the Juice



Sugars in whole, fresh fruit and vegetables are safely contained in the cell walls and do not cause harm to teeth...

BUT



When fruit and veg are cooked, pureed, juiced or dried the cell walls are destroyed. This exposes the sugar to the tooth surfaces increasing the risk of harm.

What's the Damage?

Acid Erosion

Erosion is different from decay in that it does not involve sugar. The tough enamel surface of teeth is worn away by (mostly) dietary acids in foods and drinks, causing thinning of the tooth surface and sensitivity to hot and cold.

Tooth Decay

Tooth decay is entirely preventable by restricting the frequency and amount of sugar in your diet to occasional mealtimes only. Sugars, acids and bacteria in plaque will destroy tooth enamel over time creating a cavity which can lead to infection and tooth loss if left untreated.

Drinks to Restrict

Fruit Juices & Smoothies

These all contain high levels of sugars and fruit acids and best consumed at mealtimes only. A glass of fresh fruit juice or fruit smoothie can contain as much sugar as a can of coke.

Flavoured Waters & Milks

Some flavoured waters and flavoured milk drinks or milkshakes may contain up to **5 teaspoons** of sugar. Plain milk and water are the best choices for teeth.

Fizzy Drinks



Asides from the risk of decay from sugared fizzy drinks, these drinks all contain acids (to make the fizz) which weakens tooth enamel, so it is important to avoid sugar free and diet versions too.

Alcoholic Drinks

Most alcoholic drinks contain sugars and acids. These include wines, liqueurs, spirits, ciders and beers. Drink within recommended limits and try to restrict the frequency of these.