

## How much sugar are you drinking?...

Do you ever read the nutrition labels on the drinks you buy? Well if you don't, you may change your mind after reading this. At Southern Smiles Pediatric Dentistry we searched online to see how many teaspoons of sugar your teeth are exposed to when you drink some of your favorite drinks. See if your favorite is listed.

### 4 Grams = 1 Teaspoon

<u>Product</u>	<u>Grams of Sugar</u>	<u>Teaspoons of Sugar</u>
1 - Capri Sun Pouch~6 oz.	18 g	4.5 tsps.
1 – 8 oz. glass Nesquik Chocolate Milk	29 g	7.25 tsps.
1-20 oz. Coca-Cola	65 g	16.25 tsps.
1-20 oz. Dr. Pepper	68 g	17 tsps.
1 – 20 oz. Mountain Dew	77 g	19.25 tsps.
1 – 20 oz. Sprite	64 g	16 tsps.
1-20 oz. Gatorade	34 g	8.5 tsps.
1 – 20 oz. Powerade	35 g	8.75 tsps.
1 – 20 oz. Vitamin Water	33 g	8.25 tsps.

# So what are some healthier alternatives?...

Water is your best choice. If you need a little flavor, look for sugar free flavor packs. There is a wide variety to choose from!

Use Splenda or other sugar substitutes for sweet tea and other drinks that normally require sugar.

Use sugar free chocolate syrup to flavor your child's milk when they ask for a glass of chocolate milk.

All sodas have a high acid level. So to help stay away from cavities, stay away from sodas! But if sodas are a must, drink diet sodas. They are Sugar Free!

<u>Product</u>	<u>Grams of Sugar</u>	<u>Teaspoons of Sugar</u>
1 – Mott's Tots Juice Box ~ 8 oz.	13 g	3.25 tsps.
1 – Capri Sun ~ 6 oz. Roaring Waters Pouch	7 g	1.75 tsps.
1 – 20 oz. Gatorade G2	17 g	4.25 tsps.
1 – 20 oz. Powerade Zero	0 g	0 tsps.

Limiting the amount of sugar you eat and drink significantly decreases the risk of dental caries. Not only does the amount of sugar you consume affect your smile, but it also leads to weight gain and decreases the intake of important nutrients. We know that eliminating your sugar intake is impossible, but reading labels and being aware of what products contain can help. Also, remember to brush after consuming snacks or drinks that have a high sugar content to maintain your Healthy Southern Smile!

Southern Smiles Pediatric Dentistry