

TAP WATER IS ALL THAT



Tap water is free from damaging
sugars and acid. It's the best
drink for teeth.

FACT

Fluoride is found in most tap water and helps to repair damage to teeth caused by food and drinks.



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LIMIT SWEET DRINKS

Sweet drinks are like a feast for the bacteria in your mouth. These bacteria suck up sugars and spit out acid. Acid dissolves the tooth surface and can lead to decay.

Sweet drinks include:

> soft drinks (regular and diet)	> energy drinks	> cordials
> sports drinks	> flavoured milk	> juices

Have these drinks only sometimes and in small amounts.

SUGAR & ACID = MORE DAMAGE

Often sweet drinks not only contain lots of sugar, but are very acidic too. Even diet and sugar-free drinks can be very acidic and cause damage.

Tap water is not acidic and is the best choice for teeth.

FRESH IDEAS

- > Take a refillable water bottle with you wherever you go.
- > Have a fresh piece of fruit rather than a glass of juice or cordial.
- > If you do have sweet drinks, only have them at mealtimes.

