

## Soft Drink Questions

### Is sugar-free soft drink OK?

- Not really, but less sugar than other soft drinks
- It is very acidic and will increase the risk of teeth rotting

### What can I do?

- Drink less soft drink
- Drink water instead
- If you are thirsty after playing sport or working outdoors, drink water first
- Water replenishes your saliva (spit) which will help to reduce the acid attack



### What can I do if I have soft drink?

- Try to eat or drink something that will help attack the acid in the mouth, such as milk
- Rinsing with water may help reduce the risk of decay