

IS Sugar Free Soft Drink OK?

They are 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 lessen 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