

Fearsome Facts 4

No Soft Drink is Best

Is there a way I can consume soft drink safely?
DRINK LESS SOFT DRINK!

Ways to reduce tooth damage from soft drinks:

- Only have at meal times
- Drink it quickly, do not sip over a long period
- Keep the soft drink cold
- Use a straw where possible
- Don not brush teeth straight away
- Do not swish the soft drink around the mouth
- Finish meals with something to neutralise acids
e.g. milk, cheese or chew sugar free gum

