

Swap the Pop!



THE CANADIAN DENTAL HYGIENISTS ASSOCIATION
L'ASSOCIATION CANADIENNE DES HYGIÉNISTES DENTAIRES

What we drink and eat affects our oral and overall health. Dental hygienists, strong supporters of Canada's revised *Food Guide*, suggest we reduce our sugar consumption and make water our drink of choice.

Studies show that consuming too much sugar increases our risk for obesity, type 2 diabetes, heart disease, and tooth decay (cavities). Carbonated drinks—high in both sugar and acid—also contribute to the erosion of tooth enamel.

Protect your oral and overall health—cut back on sugary drinks of all types today.

Look for these common forms of added sugars on nutrition and ingredient lists:

- sucrose
- maltose
- agave
- glucose
- dextrose
- honey
- fructose
- syrups

There is a link between high sugar intake and tooth decay.

Ask your dental hygienist about healthy choices at your next appointment.



Say No to Sugary Drinks

- soft drinks
- iced tea
- fruit juice and punches
- sports drinks
- energy drinks
- chocolate milk
- specialty coffees and teas



Say Yes to Water

- Drinking water keeps us hydrated without calories
- Fluoridated drinking water helps protect our teeth against cavities

Tips to Help You Stop and Swap



- Limit the number of sugary drinks available at home
- Keep a full pitcher of water in your refrigerator
- Drink water with every meal
- Carry a refillable water bottle wherever you go
- Love soft drinks? Try sparkling water instead
- Flavour your water with fresh fruit (berries, cucumber, melon) or herbs
- Enjoy water hot or cold



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Learn more about oral health for better overall health at www.dentalhygienecanada.ca