

stamp out fizzy drinks
for a great smile



Stamp out fizzy drinks! Cut out or cut down. If you can't stop drinking sugary or fizzy drinks, limit to mealtimes only and use a straw. Or you could try fresh water or milk more often.

Did you know...?

- ★ Over time, too many fizzy drinks (including diet/sugar-free varieties) can strip the surface of your teeth (enamel), leading to dental erosion and sensitive teeth – and a less attractive smile.
- ★ It's not just fizzy drinks that can cause a problem. Diluting juices and fresh fruit juices can be sugary and acidic which can be harmful to teeth. Check the label for sugar content. Remember to dilute them well and keep to mealtimes only.