



ORAL HEALTH KANSAS
ADVOCACY • PUBLIC AWARENESS • EDUCATION

TIPS AND TRICKS SERIES

Soft Drinks: Smart Tips for a Healthy Smile

Soft drinks can increase the risk of cavities and tooth wear. Small changes in how often you drink them and how you enjoy them can help protect your smile.

Choose Your Drinks:

- Choose water most often. Water is the best drink for your teeth and your overall health.
- Make soft drinks a sometimes drink. The less often you drink them, the better for your teeth.
- Choose a smaller size. Smaller portions mean less sugar and less acid.

When You Drink Soft Drinks:

- Drink with meals. Saliva increases during meals and helps wash away acids and sugars.
- Don't sip soft drinks all day. Drink them at one time instead of sipping them throughout the day.
- Use a straw when you can. A straw helps reduce how much soda touches your teeth.
- Don't hold or swish soda in your mouth. Drink it rather than letting it sit on your teeth.

After You Drink:

- Rinse with water afterward. Water helps wash away acids and sugars.
- Wait 30–60 minutes before brushing. Brushing too soon after drinking soda can damage softened enamel.

Protect Your Smile:

See your dental team regularly. They can help prevent problems and recommend products to protect your teeth.



Did You Know?

Both regular and diet soft drinks contain acids that can wear away tooth enamel. Regular soft drinks also contain sugar that feeds the bacteria that cause cavities.

Learn More

See our Tips & Tricks on [Energy and Sports Drinks](#)

Sip All Day ➡ Get Decay