ORAL HEALTH KANSAS
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TIPS AND TRICKS SERIES

How Sports & Energy Drinks Affect Your Teeth

Sports and energy drinks may seem helpful, but they can hurt your teeth if used often.

Why it matters:

These drinks contain sugar and acid. Sugar helps bacteria make more acid, and that acid can cause cavities.



What to do:

- Drink water most of the time.
- If you have one of these drinks, drink it with a meal.
- Drink it all at once, not slowly over time.
- Rinse with water after drinking.
- Brush twice a day with fluoride toothpaste.

What to avoid:

- Sipping sports or energy drinks throughout the day.
- Drinking energy drinks for school or homework.
- Brushing right after drinking—wait 30–60 minutes.

Ask a dental professional if...

- Your teeth feel sensitive or painful.
- You use these drinks often and want ways to protect your teeth.

Quick Facts

- Many sports and energy drinks have as much sugar as soda.
- Sugar-free drinks can still hurt teeth because they are acidic.
- Caffeine can dry your mouth.
- A dry mouth makes cavities more likely.

When Are These Drinks OK?

- Sports drinks may be helpful only during long or very hard exercise that lasts more than 60 minutes.