

# Kick the can for *healthier* teeth!

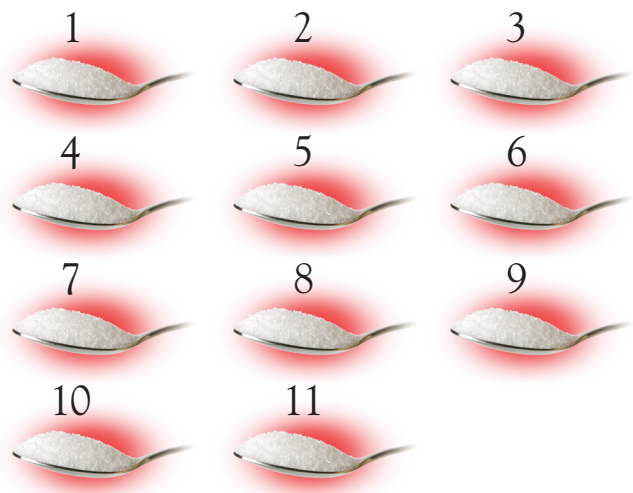


*Sip soda all day...get decay.*



= 11

*can of soda*



*teaspoons of sugar!*

## **Imagine this:**

1. Open your mouth and pour in 11 teaspoons of sugar.
2. Add some acid and a little water, mix well. Repeat all day long.
3. Germs in your mouth feed on all that sugar and make more acid which causes more cavities.

*That's exactly what's going on if you drink soda throughout the day.*

**Choose water instead of sugar sweetened beverages for a healthier mouth and body.**

**California Dental Association**  
Promoting the importance of good oral health.  
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