

# Everyday products can damage teeth

- Many products which we use daily can be harmful to teeth
  - Soft drinks
  - Sports drinks
  - Herbal teas
- These products wear down enamel, leaving teeth brittle and sensitive
- **In fact, just one can of Coca Cola contains 39g of sugar – that's 10 cubes or 11 teaspoons in just one can**
- It is also becoming more common for products to contain dangerous acids which erode teeth and increase the likelihood of decay



Source: Acid Eating Away at Our Teeth, Consumeraffairs.com, March 6, 2008:  
Department of Health and Human Services, 2010