



Helping Hands

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EFFECTS OF SODA AND SPORTS DRINKS ON TEETH

Sports drinks may make your body feel good. Soda may give you a boost of energy, but both may be harmful to your teeth.

Sports drinks such as Gatorade, PowerAde, Propel Fitness Water, Vitamin Water and Sobe Life Water contain a high amount of sugar and acid. Soda has a lot of sugar as well and it contains citric and/or phosphoric acid that can wear away tooth enamel. Enamel is the outer layer of the tooth and the hardest tissue in the body. Some people believe that diet soda is fine because there is not any sugar in it, but diet soda still has citric and/or phosphoric to eat away tooth enamel.

Prolonged exposure to soda or sports drinks can lead to significant enamel loss. The sugar and acid in the drinks reacts with the bacteria found in the plaque. The bacteria start attacking the teeth. Tooth decay can occur due to the sugar and the enamel being eaten away by the acids.

The best way to reduce your chances of getting cavities is by cutting back or even eliminating soda or sports drinks from your diet. If you do continue to drink soda or sports drinks than rinsing your mouth with water right after can help dilute the sugars and acid. Always be aware how frequently you are consuming these beverages. The higher the frequency, the more acid and sugar baths you are soaking your teeth in.

Sports drinks and sodas are linked to increased bone fractures due to phosphoric acid interference with the calcium metabolism in bones.