

Explore the sweet side of your drink.

Did You Know?

SUGAR SWEETENED BEVERAGES ARE popular all year round, but when the weather starts to get warm we tend to reach for them more often.

Many beverages that are sold today such as sports drinks, juices, soda pop and energy drinks contain high amounts of sugar but very few nutrients.

Sugar provides energy but consuming too much of it can be harmful to your health, including your teeth. High sugar intake can cause tooth decay and increase one's risk of obesity.

How so?

THE BACTERIA IN YOUR MOUTH USES SUGAR to create acid that removes minerals from our teeth—creating cavities or tooth decay. Even fruit juices that have natural sugar can cause this to happen.

Soda pop (both regular and diet) and energy drinks also have acid in them that remove more minerals and cause tooth decay quicker.

Hang like the SuperChefs! Make it a habit to avoid sugary beverages and drink water instead. You will consume less sugar and your body will be healthier!

—by Dr. Leeann Donnelly, BDS, MSc, PhD, UBC, Asst. Professor, Oral Biological & Medical Sciences —and Gail Hammond, PhD, RD UBC, Faculty of Land and Food Systems, Food, Nutrition & Health

Quick Reference Sugar Chart

| BEVERAGE (8 oz serving size) | GRAMS OF SUGAR | TEASPOONS OF SUGAR | CALORIES |
|------------------------------|----------------|--------------------|----------|
| Coca Cola | 26 | 6.5 | 104 |
| Mountain Dew | 31 | 7.75 | 124 |
| Rockstar Energy Drink | 31 | 7.75 | 124 |
| Red Bull Energy Drink | 27 | 6.75 | 108 |
| Vitamin Water | 13 | 3.25 | 52 |
| Sobe | 28 | 7 | 112 |
| Arizona Iced Tea | 18 | 4.5 | 72 |
| Snapple Lemon Iced Tea | 23 | 5.75 | 92 |
| Minute Maid Lemonade | 27 | 6.75 | 108 |
| Minute Maid Orange Juice | 24 | 6 | 96 |
| Minute Maid Apple Juice | 26 | 6.5 | 104 |
| Nesquik Chocolate Milk | 29 | 7.25 | 116 |

If you are looking for a variety of flavours, just add fruits or vegetables to plain water—it's that simple and quite delicious!

Dr. Greg's SuperChefs™ Cookery for Kids

SuperChefs Know How to Put Their Best F·A·C·E·S Forward! with the SuperChefs 5 Pillars of Learning

- * Food literate
- * Aware of our food systems
- * Competent in basic cook skills
- * Engaged in physical activity
- * Savor balanced food choices



What the Pros are Saying About SuperChefs—

"It's wonderful to engage patients about not only a healthy mouth but a healthy lifestyle . . . because it all starts in the oral cavity."

—Dr. Maxine Feinstein, President American Dental Association

"As a member of Mrs Obama's "Lets Move" team working for better health habits in children, I understand how daily routines can improve general health. Early dental hygiene sets a lifelong pattern of making smart choices to live better and longer. Dentists elevate our awareness of the food we eat and the consequences of those choices. We thank SuperChefs for their commitment to inspiring kids to be proactive caretakers of their own health." —Bill Yosses, Former Pastry Chef of the Whitehouse

Health-smart kids can make good choices!

Health and wellness begins with the mouth, and dentists, like Dr Greg, can tell us all about what goes on in there! Eat right and take care of your teeth. If you do, they'll reward you for life. Brush up everyday—it's a healthy way to put on the shine!

