Don’t spoil your smile by snacking!

Oral bacteria turn sugars obtained from food into acids.

The acids dissolve the tooth surface and cause tooth decay.

Your teeth can cope with 5-7 acid attacks per day.

Please eat any extra snacks as part of a meal.

WATER IS THE BEST THIRST QUENCHER!
The enamel will be dissolved if the oral pH drops below 5.5.

**pH VALUES OF SOME BEVERAGES**

Beverages that contain enamel-dissolving acids:

- beer 4.5
- orange juice 4.0
- ice tea 3.6
- wine 3.0–4.0
- cider 3.0
- light juice drink (from concentration) 3.0
- regular soft drink 3.0
- light cola drink 3.0
- energy drink 2.8
- cola drink 2.5

Drinks that do not contain any enamel-dissolving acids:

- milk 6.7
- fermented milk 4.4
- mineral water 5.6
- coffee without sugar 5.0
- tea without sugar 5.3