ACID ATTACK!

FIZZY DRINKS contain ACIDS that DISSOLVE your tooth enamel.

And most FIZZY DRINKS also have loads of SUGAR that causes TOOTH DECAY.

So if you want to KEEP YOUR TEETH, turn over for some tips...
FIZZY AND SUGARY DRINKS

- Drink no more than **ONE OR TWO A DAY**
- Drink them **WITH MEALS** (that’s when most saliva is produced, which neutralises the acids)
- Don’t take little **SIPS** for hours on end
- Don’t **SWISH** drinks around your mouth
- Drink straight from a **FRIDGE** – acid is less harmful when **COLD**
- Rinse your mouth out with **WATER**
- Chew **SUGAR-FREE GUM**
- DON’T clean your teeth straight after having a fizzy drink – **LEAVE IT AN HOUR** (otherwise you’ll be brushing off the top layer of enamel that’s been loosened by the acid)
- And **NEVER EVER** have fizzy or sugary drinks **LAST THING AT NIGHT**