60% of 16-year-olds have damaged their teeth in this way.

Every time you have a fizzy drink or squash the acid in it, it dissolves some enamel off your teeth which you then swallow.

Once it's gone you can't put tooth enamel back.

**RESULT**

- Discolouration
- Pain
- Ugliness

You can avoid all these by remembering regular, frequent fizz could ruin your teeth. OCCASIONALLY IS OK.