



**banpac**

Bay Area Nutrition & Physical Activity Collaborative

# PROMOTE ORAL HEALTH...

**RETHINK**  
your  
drink



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**Soda is the #1 source of added sugar** in the American diet.<sup>1</sup>



The average American consumes almost **100 pounds of sugar a year.**<sup>2</sup>



**2 small juice boxes have more sugar than 1 can of soda.** The American Academy of Pediatric Dentistry recommends no more than 4-6 oz of juice per day.<sup>3</sup>



The average California teen consumes the equivalent of **39 pounds of sugar each year from soda** and other sweetened beverages.<sup>4</sup>

## WHAT DENTAL PROFESSIONALS CAN DO:

### IN YOUR OFFICE OR CLINIC:



**DISPLAY** *Soda Free Summer* campaign materials and distribute educational brochures.

**DISCUSS** sugar sweetened beverages and their effect on oral health.



**ENCOURAGE** patients to drink more water – suggest adding cucumbers, berries or other fruit for lots of flavor with *almost no calories!*



**TALK** to parents of young children about early childhood caries and what they put in their baby's bottle. Distribute the "*Drink Water, Said the Otter*" materials.

**TALK** to teens about decreasing soda and sweetened beverage consumption.

**SPONSOR** a raffle or contest for staying soda free all summer.

### IN YOUR COMMUNITY:



**WORK** with your local dental society to promote the *Soda Free Summer* campaign.



**ADOPT** a school or summer youth program and sponsor a poster contest or other competition to encourage students to be soda free.

**PROVIDE** free dental screenings at a school, or offer to provide oral health education.

<sup>1</sup>. Guthrie JF, Morton JF. Food sources of added sweeteners in the diets of Americans. *Journal of the American Dietetic Association* 2000;100(1):43-51.

<sup>2</sup>. <http://www.ers.usda.gov/Briefing/Sugar/Data.htm>

<sup>3</sup>. <http://www.ahealthyme.com/topic/toomuchsugar>

<sup>4</sup>. Babey, S. et al. Bubbling Over: Soda Consumption and Its Link to Obesity in California. UCLA Center for Health Policy Research, Sept., 2009

**RESOURCES:** *Sugar Savvy* lessons, Soda Free Summer campaign materials, non-food fundraising ideas, healthy snack lists, & more...

[www.banpac.org](http://www.banpac.org)

[www.sodafreesummer.org](http://www.sodafreesummer.org)