

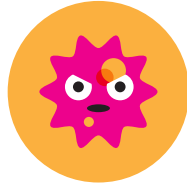
# Sugar Shockers

## WHAT CAUSES A CAVITY?



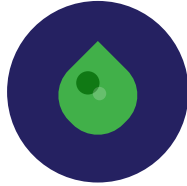
1

Sugary Drinks



2

Bacteria



3

Acid



4

Healthy Tooth



5

Cavities

## DID YOU KNOW?

There are at least 61 names for added sugar on food labels. Added sugar is hiding in foods that many of us think are healthy, like yogurt and energy bars.

- Glucose-fructose syrup
- Crystalline fructose
- Maltose
- Dextrose
- High-fructose corn syrup
- Brown rice syrup
- Corn syrup
- Honey
- Fruit nectar
- Maple syrup
- Molasses
- Evaporated cane juice
- Corn syrup solids
- Glucose
- Sucrose
- Sugar
- Fructose
- Fruit juice concentrate
- Galactose
- Malt syrup
- Agave nectar

## SUGAR FACTS

- In 1822, the average American ate under 5 pounds of sugar per year. Today, the average American consumes 152 pounds of sugar per year.
- The average American consumes over 50 gallons of soft drinks per year.
- One 12 oz. can of Coke has 10 tsp. of sugar, which is more sugar than 2 frosted Pop Tarts and a Twinkie combined.
- A 32 oz. bottle of Gatorade has 36 grams of sugar, which is like eating 5 Reese's Peanut Butter Cups.

References: [dailyhealthpost.com](http://dailyhealthpost.com), [womenshealthmag.com](http://womenshealthmag.com), [pepsicobeveragefacts.com](http://pepsicobeveragefacts.com), [smartlabel.hersheys.com](http://smartlabel.hersheys.com),

## PROTECT YOUR TEETH FROM SUGARY DRINKS



Use a Straw



Floss Your Teeth



Brush Your Teeth



Drink More Water



Chew Sugarless Gum