






switch to
water

Avoid tooth decay and excess calories **by switching your sugary drinks to water.**

-  Carry a water bottle with you when you are out and about.
-  If you are thirsty, reach for water first.
-  For variety, try making your own flavoured water with fresh herbs, vegetables or fruit.

HYDRATE YOURSELF WITH WATER. IT'S FREE, FRESH AND AVAILABLE ON TAP.

MYTH Unsweetened natural fruit juices contain no sugar and acids.

FACT Not true! They still contain sugars and acids. Moreover, they contain no fibre. Best to eat your fruit, not drink it.

MYTH It is ok to drink artificially sweetened drinks known as diet or zero-calorie drinks.

FACT Not true! These drinks have a high erosive potential due to their acid content and contribute to tooth erosion.



NEW ZEALAND
DENTAL ASSOCIATION