



FACTS ABOUT

# SUGAR SWEETENED BEVERAGES

## 65%

OF THIRD-GRADE STUDENTS IN NEVADA HAVE EXPERIENCED TOOTH DECAY



THE AVERAGE AMERICANS CONSUME 50 GALLONS OF SUGARY BEVERAGES PER YEAR

## TOOTH DECAY IS THE

# #1

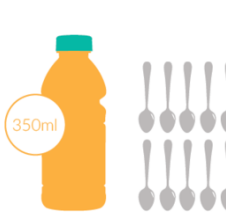
## CHRONIC CHILDHOOD DISEASE



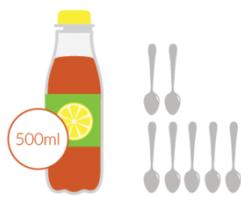
### CONSUMING SUGARY BEVERAGES CONTRIBUTES TO:

- Type 2 Diabetes
- Obesity
- Heart Disease
- Poor Learning

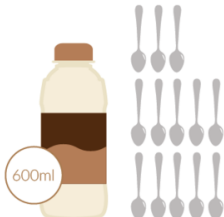
## HOW MUCH SUGAR IS IN YOUR DRINK?



**fruit juice**  
10 teaspoons of sugar



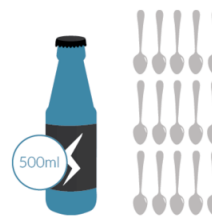
**iced tea**  
7 teaspoons of sugar



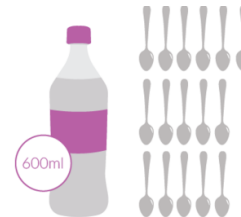
**iced coffee**  
13 teaspoons of sugar



**sports drink**  
15 teaspoons of sugar



**energy drink**  
15 teaspoons of sugar



**soft drink**  
16 teaspoons of sugar

## FLUORIDE REDUCES CAVITIES FOR CHILDREN & ADULTS



THE BEST WAY TO START CUTTING DOWN ON SUGAR IS TO **CHOOSE WATER**

xxx

## 75% COPY EDITING

of Nevadans receive the benefits of community water fluoridation



**DRINK FROM THE TAP**  
Reducing, reusing, and recycling the waste you produce is a very important way to prevent your items from ending up in the **landfill**



### WAYS TO PREVENT DENTAL DECAY

- **Brush** 2x day for 2 minutes with a fluoride toothpaste
- **Floss** teeth 1x day
- **Visit** a dental professional every 6 months
- **Limit** sugary foods and beverages



### ADDITIONAL RESOURCES

<https://www.mouthhealthy.org/en/nutrition/food-tips/sugary-drinks>

<https://www.cdc.gov/fluoridation/resources/communities-benefit-from-water-fluoridation.html>

<http://ndep.nv.gov/water/lab-certification/drinking-water-testing>

<https://tinyurl.com/NVCCR>



Nevada Department of Health and Human Services

## Oral Health Program

[www.dpbh.nv.gov/Programs/OH/OH-Home](http://www.dpbh.nv.gov/Programs/OH/OH-Home)