

KNOW THE FACTS

**Are you drinking
sweetened drinks
all day?**



**You are at a higher
risk of tooth decay!**

Lower your risk of decay by avoiding high amounts of sugar & acid found in:

- **Sodas**
- **Sweetened coffees and teas**
- **Sports & energy drinks**
- **Fruit juices**

**Drinking fluoridated water
can help prevent cavities.**

Learn more about the risk of sugary drinks at:

MouthHealthy.org

health.mo.gov/living/families/oralhealth/

Office of Dental Health

(573) 751-5874

oralhealth@health.mo.gov



An EO/AA employer: Services provided on a nondiscriminatory basis. Individuals who are deaf, hard-of-hearing, or have a speech disability can dial 711 or 1-800-735-2966.

#190 10-2019