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