



The Truth about Sodas

Sodas Cause Cavities

- Soda has a pH (acidity level) of 2.3-2.9 due to the phosphoric and citric acids they contain
- Any pH level under 5.5 can lead to cavities
- Soda sticks to tooth enamel more than human saliva, therefore saliva will not easily wash it off the tooth
- Every sip of soda takes about 20 minutes to clear. This is 20 minutes that the acid in soda is tearing down your enamel
- Braces make it impossible for the lips and tongue to aid in the cleansing and clearing of soda from the teeth, causing it to stay on the enamel even longer than 20 minutes
- Studies show:
 - Daily between-meal consumption of soda increases the risk for cavities by 179%
 - Between ages 4-7, there is a 26% increased risk for EXTENSIVE decay for EVERY increase of 1 oz in daily soda consumption!
- One fifth of all 1- to 2-year-old children drink soda
- Pepsi, Dr Pepper, and Seven-Up **encourage feeding soft drinks to toddlers** by licensing their logos to a maker of baby bottles, Munchkin Bottling, Inc. Infants and toddlers are four times more likely to be fed soda out of those bottles than out of regular baby bottles.

Sodas, a Risk Factor for Osteoporosis

- There is a direct association between soft drink consumption and bone fracture in teen age girls
- Phosphoric acid (phosphorous) in sodas limit calcium absorption and has a direct influence on bone mineral density
- Excessive soda consumption not only limits calcium uptake, but often replaces other drinks that would have provided calcium to growing teenagers
 - Today, teens drink twice as much soda as milk as opposed to 20 years ago when they drank twice as much milk as soda
- By age 16, girls have accumulated 97% of their adult bone mass!!
- The phosphorus also conflicts with the hydrochloric acid in your stomach and renders it ineffective. This promotes indigestion and bloating in many individuals, causing heartburn when consumed with meals.
- In addition to osteoporosis and cavities, heavy soda consumption has been linked to diabetes, obesity, kidney stones, and heart disease.