

MOUTH WISE

Script

For Classroom Teacher

NUTRITION and SODA CONSUMPTION

- SLIDE 1 "Hello class. Today's health lesson will discuss the effects soda consumption can have on your oral health, especially your teeth."
- SLIDE 2 "Soda is one of the most popular drinks. It is consumed more than water, milk or coffee."
- SLIDE 3 "Surveys show that in 2000, Americans drank an average of about 50 gallons of soda per person."
- SLIDE 4 "Fifty gallons of soda is equal to 533 12-ounce cans of soda."
- SLIDE 5 "Non-diet sodas contain sugar – about 11 teaspoons per serving. The average person eats nearly 147 pounds of sugar per year."
- SLIDE 6 "Acids also are in soft drinks – the two leading acids are phosphoric and citric."
- SLIDE 7 "Regular consumption of soft drinks can cause problems with a person's teeth because of the sugar and acids. Tooth decay occurs when foods containing carbohydrates (sugars and starches) such as soda, raisins, cakes or candy are frequently left on the teeth. Bacteria that live in the mouth thrive on these foods, producing acids as a result. Over a period of time, these acids destroy tooth enamel, resulting in tooth decay."
- SLIDE 8 "Read the nutrition label! Added sugars appear on food labels as the following ingredients: brown sugar, corn sweetener, corn syrup, dextrose, fructose, glucose, high-fructose corn syrup, honey, invert sugar, lactose, malt syrup, maltose, molasses, raw sugar, sucrose, and sugar. If these ingredients appear first or second on a label's list of ingredients, the product is likely to be high in added sugars."
- SLIDE 9 "You should try to eat a healthy diet. Healthy diets include fruits and raw vegetables, breads, nuts, dairy products including milk, and meat, fish and poultry. Many people who fill up on sodas and snacks don't have room for the healthy foods."

- SLIDE 10 "Regular sodas have calories from carbohydrates and sugars. Both forms of soda have high sodium levels and no protein."
- SLIDE 11 Regular sodas also contain phosphoric acid and caffeine. Diet sodas have artificial sweeteners, phosphoric and citric acid and potassium benzoate. Diet sodas also may contain caffeine."
- SLIDE 12 "Sports drinks are a poor substitute for soft drinks. They also contain high levels of sugar. Examples of sports drinks are Gatorade and Powerade."
- SLIDE 13 "If you drink soda, then you need to take action to offset the bad health effects of these drinks. You should consider drinking less soda and replacing it with water, milk or juice. Don't sip on a soda for a long time so that it stays in your mouth. Use a straw to keep soda away from your teeth. Rinse your mouth with water to flush out sugar residue.
- SLIDE 14 Brush more than twice a day with a fluoride toothpaste and floss daily to remove plaque and sugar residues from your teeth.
- Eat nutritious and balanced meals and limit snacking to maintain healthy teeth.
- SLIDE 15 Check with your dentist about use of supplemental fluoride, which strengthens our teeth, and about use of dental sealants (a plastic protective coating) applied to the chewing surfaces of the back teeth to protect them from decay.
- Visit your dentist regularly for professional cleanings and oral examination.
- SLIDE 16 "For more information, contact the American Dental Association."