

Are sugar free soft drinks better for my teeth than regular soft drinks? - Smile Solutions

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13 96 Smile Solutions 11 Dec 2015 Are sugar free soft drinks better for my teeth than regular soft
drinks? We all know the affects of sugar on our waistlines, not to mention the adverse affects on our
teeth, but if you believe switching from sugar-filled to sugar-free is the answer you would be wrong. The
Oral Health Cooperative Research Centre has recently revealed that sugar-free versions of soft drinks,
sports drinks and confectionary products can wreak just as much havoc on your dental health as the
sugar-laden varieties. "Both sugar-containing and sugar-free soft drinks (including flavoured mineral
waters) produced measurable loss of the tooth surface, with no significant difference between the two
groups of drinks," says University of Melbourne Oral Health CRC chief executive Eric Reynolds.
Reynolds and fellow Melbourne Oral Health CRC researchers tested 15 soft drinks (including three
sugar-free brands) on extracted healthy human molars that were free of cavities. They found that
despite claims to the contrary, sugar-free products are still potentially harmful to teeth due to high levels
of acids that strip away the surface layers of tooth enamel; in advanced stages exposing the softer
dentin or pulp of the tooth. This can lead to chalkiness of the tooth's surface, pitting, opacity, tooth
sensitivity and other issues. Parents of young children will understandably be concerned about these
findings given many believe they are sparing their children's dental health with sugar-free substitutes.
"We've seen bad erosion in the teeth of children aged two to three-years-old, and signs of erosion in
permanent teeth of older children," says Reynolds. "Banning sugar-containing beverages from schools
may have positive health effects for reducing obesity, diabetes and dental caries but it may not reduce
the risk of dental erosion." What should I be drinking instead of sugar-free soft drinks? The Melbourne
Oral Health CRC researchers recommend fluoridated tap water as the best option for teeth, as well as
milk, which is not erosive on teeth If you must drink or eat an acidic product, rinse your mouth out with
water afterwards and wait an hour before brushing your teeth, as doing so can remove the softened
layer of tooth. Articles from Smile Solutions View Blogs Specialist Care Smile Solutions 18 Aug 2026
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