Smile Smarts

Another reason to stop guzzling sweet beverages

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According to recent findings published in the Journal of Public Health Dentistry, when researchers checked the teeth of almost 4,000 study participants, scientists found 79 percent had pearly whites with worn-away enamel (a.k.a. dental erosion). The culprit? Sugary soft drinks and fruit juices that are highly acidic and cause this kind of damage to teeth.

But doctors say solving the problem doesn't require a dental or dietitian's degree. Simply reduce how many sodas, carbonated drinks, flavored waters, sports drinks and fruit juices you drink each day.

What's more, there's always one safe way to quench your thirst and protect your teeth: Drink plain ol' water.

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http://beta.docker.realhealthmag.com/article/soft-drinks-teeth-27704-8809