

WHY AVOID ENERGY AND SPORTS DRINKS?

6-8 TEASPOONS OF SUGAR



Sports drinks often contain 6-8 teaspoons of sugar per serving. Energy drinks are even worse, often with as much as 29 grams of sugar per serving.

3% ENAMEL LOSS

People have experienced enamel loss by as much as 3% from energy drinks



High acidity levels in energy drinks irreversibly damaged tooth enamel after only five days of exposure

OLYMPICS ATHLETES



A survey of 302 athletes from the London Olympics in 2012 found:

55% HAD CAVITIES

45% HAD TOOTH EROSION

76% HAD GUM DISEASE



ONE IN FIVE SAID THEIR ORAL HEALTH AFFECTED THEIR ATHLETIC PERFORMANCE

57 OTHER WORDS TO DESCRIBE SUGAR AS AN INGREDIENT



AGAVE NECTAR BARLEY MALT BEET SUGAR BROWN SUGAR BUTTERED SYRUP CANE CRYSTALS CANE JUICE CRYSTALS CANE SUGAR CARAMEL CAROB SYRUP CASTOR SUGAR CONFECTIONER'S SUGAR CORN SWEETENER CORN SYRUP CORN SYRUP SOLIDS CRYSTALLINE FRUCTOSE DATE SUGAR DEMERARA SUGAR DEXTRAN DEXTROSE DIASTATIC MALT DIATASE ETHYL MALTOL EVAPORATED CANE JUICE FRUCTOSE FRUIT JUICE FRUIT JUICE CONCENTRATES GALACTOSE GLUCOSE GLUCOSE SOLIDS GOLDEN SUGAR GOLDEN SYRUP GRANULATED SUGAR GRAPE SUGAR HIGH-FRUCTOSE CORN SYRUP HONEY ICING SUGAR INVERT SUGAR LACTOSE MALT SYRUP MALTODEXTRIN MALTOSYL MAPLE SYRUP MOLASSES MUSCOVADO SUGAR PANOCHA RAW SUGAR REFINER'S SYRUP RICE SYRUP SORBITOL SORGHUM SYRUP SUCROSE SUGAR SYRUP TREACLE TURBINADO SUGAR YELLOW SUGAR