

WITH JUICE, "GO EASY"



Québec



Une réalisation de :

- Agence de la santé et des services sociaux de Chaudière-Appalaches
- Centres de santé et de services sociaux de la région

JUICE ... IS NOT THE SAME AS WATER!

It is a well-known fact that sugar, as found in soft drinks and fruit-flavoured beverages, promotes tooth decay.

BUT, DID YOU KNOW THAT :



- ☞ All juices (even natural ones), soft drinks and sports drinks are very acid. The habit of sipping them throughout the day slowly destroys the tooth enamel (tooth erosion).
- ☞ Natural juice (100% pure) also contains a lot of sugar. Even if it is good for your health, drinking it too frequently and in large quantity can be detrimental.
- ☞ Consuming too much juice can contribute to the following health problems: dental cavities, obesity, diabetes, and cardiovascular illnesses.

THEREFORE, FOR HEALTHY TEETH :

- A small amount of juice is sufficient;
- Eat whole fruits instead, on a daily basis;
- Milk at mealtime is tasty;
- To quench thirst, drink water.

