

Drop the POP



How Much Sugar and acid?

PRODUCT	TEASPOONS OF SUGAR	ACIDITY LEVEL
Pure Water (355 ml)	No sugar	No acid
Coke Classic (355 ml)	10	3
Pepsi (355 ml)	10	3
7-Up (355 ml)	10	3
Diet 7-Up (355 mL)	Sugar substitute	2
Diet Coke (355 mL)	Sugar substitute	2
Diet Pepsi (355 mL)	Sugar substitute	2
Gatorade (1 bottle - 710 mL)	10	3
Orange Crush (355 mL)	10	3
Kool-Aid (355 mL)	10	3
Nestea (Ice-tea) (355 mL)	10	3
Juice of 1 lemon	1	3

*Adapted from Minnesota Dental Association

Sweet and acidic beverages can destroy your teeth enamel.

Together with the Public Health Team,
on the journey towards
a cavity-free generation!
www.creepublichealth.org



Conseil Cri de la santé et des services sociaux de la Baie James
Cree Board of Health and Social Services of James Bay

