

## SOFT DRINKS, SUGAR FREE DRINKS AND COFFEE

In a recent science project carried out by students, they tested what stains teeth more, coffee or Coca Cola. It was found through testing that Coca Cola adds on layers of sugar and plaque, slowly staining teeth. Coffee, on the other hand, stains teeth and the less time you spend drinking coffee combined with rinsing your teeth out immediately after drinking it, you're more likely to have better teeth, and not have what they call 'coffee smile'.

Among the tested drinks were Regular Coke, Diet Coke, Grape Fanta, Orange Fanta, Ginger Ale, and Sun Drop. Regular Coke showed by far the most bacterial growth, even though it does not contain the most sugar. The study proved that regular Coke would lead to more rapid tooth decay than any of the other sodas that were tested.

Coke seems to be a brew designed to create cavities. It is not only the sugar that causes problems, it is also the phosphoric acid used as acidulant. phosphoric acid corrodes the surface of the enamel leaving the softer tooth below to easily become decayed.

So, when it comes to soft drinks, you know what to avoid.

**The truth, no tooth fairies.**

