

DANGERS OF DRINKING SODA

Enamel is the hardest substance in the body and it protects the crown of the teeth. But it is susceptible to demineralization from acids. Acids are produced when certain bacteria colonize the tooth surface and metabolize carbohydrates. If this process continues it may eventually lead to decay in the enamel and dentin. Many foods and beverages contain acids that can lead to demineralization of the enamel. Soda is one of the most significant dietary sources of acid capable of producing demineralization of the enamel. Soda also contains other ingredients that produce demineralization independent of its content of acid content or fermentable sugars. Also, brands of soda that contain artificial sweeteners still pose a significant threat because of their acidic content which contributes to the demineralization of enamel.

The consumption of soda in the United States has increase in alarming proportions. In the 1950's the typical soda serving size was 6.5 oz. By the 1960's this had increased to 12 oz. In the 1990's the typical serving size ballooned up to 20 oz. One of the hidden dangers with the increase in soda consumption is that people drink less milk. Milk contains calcium lactate, which stimulates remineralization of enamel. The danger of soda to your teeth should not be underestimated.