Examples of sugary drinks:
- Milk (yes, even milk!)
- Soda
- Juice
- Gatorade

The intake of sugary drinks in the first year of life increases the rate of childhood caries.

References:

Images:
- https://static.vecteezy.com/system/resources/thumbnails/000/455/230/small/k6cu_uac7_151102.jpg
- https://sandiegokidsdentist.com/blog/everything-need-know-cavities-children/
- https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9Gc5SOZFoUyuL_6GivQZSuT4twXwGsju7c5TPfw&usqp=CAU

Sugary Drinks and Childhood Cavities
What is the connection?
How is a cavity formed?

1. Bacteria that live on your teeth eat the sugar that you consume in sugary drinks.
2. The acidic byproducts cause a cavity by eating away the tooth.
3. This can lead to pain and/or tooth loss if left untreated.

Statistics:

- 87.5% of studies reported higher dental caries with higher sugar intake.
- The World Health Organization has found that dental caries have affected 60-90% of children around the world.
- Bottle rot (baby bottle tooth decay) affects 1/4th of all disadvantaged children.

How to prevent childhood cavities:

- Brush with fluoride toothpaste twice a day.
- Provide water only in bottles at night.
  - Consume sugary drinks only at mealtime.
- Limit snacks between meals.
- Clean between your teeth every day.
- Visit your dentist on a regular basis.
- Get sealants on permanent teeth to help prevent cavities.