



Think before you sip.

The real impact of sports and energy drinks.

For National Nutrition Month let's explore how sugary, acidic drinks can affect your smile and your health.



A rising oral health issue

What you drink can strengthen your teeth or slowly wear them down. In the U.S., people consume nearly eight gallons of sports and energy drinks each year—making them the second most popular beverage among teens and young adults.¹ These drinks promise energy and hydration, but they're highly acidic and loaded with added sugars, which raise your risk of cavities, sensitivity and long-term oral health issues.²

The not-so-sweet truth about sugary drinks

Tooth decay is one of the most common health issues in the U.S. and sugar plays a major role.³ Sugary beverages like soda, energy drinks and sports drinks increase the acid in your mouth and weaken the natural protection of your teeth. It takes just five days for these drinks to start damaging them.⁴ And if you're an athlete, frequent sipping during workouts increases exposure, making decay even more likely.⁴

Four tips to protect your smile and health

Good nutrition supports everyday wellness, and that includes what you drink. With just a few simple changes, you can make a big impact on your oral health.

- **Hydrate** with water—choose fluoridated water to help strengthen enamel.⁵
- **Limit** sugary, acidic drinks.⁵
- **Rinse** with water after consuming sports or energy drinks.⁶
- **Wait** to brush your teeth after drinking acidic beverages.⁶



Prioritize your oral health and schedule your dental check-up today.

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1. Mayo Clinic Staff. Mayo Clinic Health System. "What's the latest buzz on energy drinks?" September 18, 2025. <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/the-buzz-on-energy-drinks>
2. Oral and Facial Surgeons of Illinois. "Sports Drinks and Energy Drinks." February 21, 2024. <https://oralsurgeonsillinois.com/lorem-ipsum-dolor-sit-am-et-consectetur-2/>
3. University of California Research Consortium on Beverages and Health (UCRCB&H). "Sugary Drinks: A Double Whammy for Teeth." October 2024. <https://ucanr.edu/sites/default/files/2024-10/403149.pdf>
4. Oral and Facial Surgeons of Illinois. "Sports Drinks and Energy Drinks." February 21, 2024. <https://oralsurgeonsillinois.com/lorem-ipsum-dolor-sit-am-et-consectetur-2/>
5. Anderson, Olivia. American Dental Association (ADA). "ADA 'generally supports' Dietary Guidelines science report," ADA News. February 2025. <https://adanews.ada.org/ada-news/2025/february/ada-generally-supports-dietary-guidelines-science-report/>
6. Oral and Facial Surgeons of Illinois. "Sports Drinks and Energy Drinks." February 21, 2024. <https://oralsurgeonsillinois.com/lorem-ipsum-dolor-sit-am-et-consectetur-2/>

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