

Nutrition & Oral Health

Fluoride is your child's **greatest protection** against **tooth decay**, and **sugar-sweetened beverages** and frequent snacking is one of biggest enemy. The sugars and starches found in many snack foods sugary beverages combine with germs (or plaque) on teeth to **create acids**. These acids attack the tooth enamel and may **lead to cavities**

The average 4-5 year old child consumes 17 teaspoons of added sugar a day - which amount to 65 pounds of added sugar a year. The majority of children's added sugar intake comes from fruit juices, high-fat desserts, soft drinks and candy. Acidic foods and beverages like soda and energy drinks add to the damage done by sugar.

IN SAN JOAQUIN COUNTY

Health Behaviors – Youth

Sweetened Beverages

Percentage of children age 2-11 consuming 2+ sugar-sweetened beverages on previous day

38.3%

San Joaquin

27.0%

California

