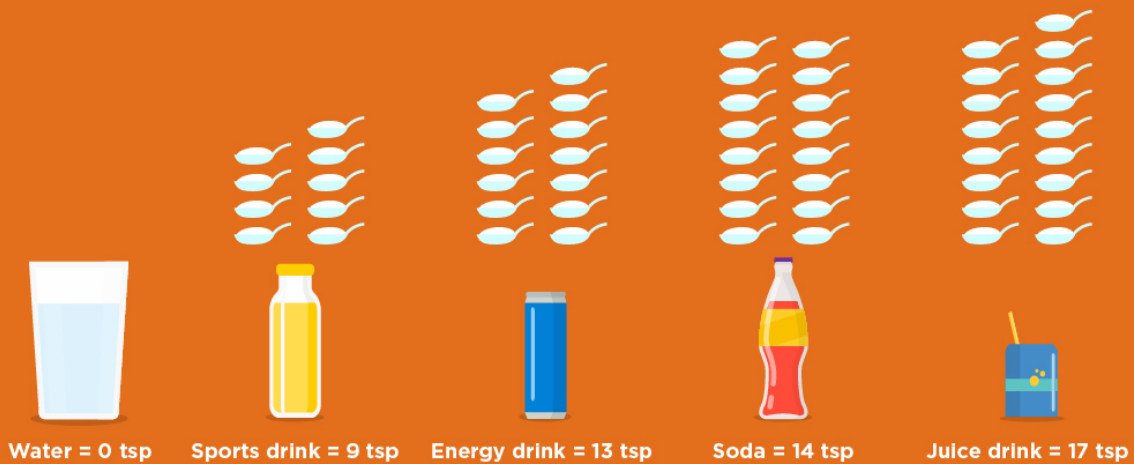


**Post Copy for Instagram and Facebook:** Do you know the TOOTH about sugary beverages? They may taste sweet, but they can be harmful to your children's teeth. Sugar-sweetened beverages can cause tooth decay, which often leads to cavities that need to be treated by a dentist. It can be surprising to learn how many drinks contain sugar. To find out how much sugar you and your children drink every day, take the Rethink Your Drink Beverage Breakdown survey: <http://bit.ly/BevBreakdown>. Visit [SmileCalifornia.org](http://SmileCalifornia.org) to find a Medi-Cal dentist accepting new patients.

# Sugary drinks can cause tooth decay in children



[Download image 1 here](#)

**2 out of 5 children in  
California drink one or  
more sugary drinks daily**



[Download image 2 here](#)

## Prevent tooth decay by:

- » Limiting sugar-sweetened beverages
- » Taking your child to the dentist **2x** per year
- » Brushing **2x** a day with fluoride toothpaste and flossing daily



[Download image 3 here](#)