

Factsheet

Sports drinks

Water is the best drink to stay hydrated when exercising

Sports drinks may damage your teeth if you drink them too often. They can cause tooth decay and tooth erosion.

What are sports drinks?

- Sports drinks are used to rehydrate during or after exercise.
- They are made of water and electrolytes, such as sodium and potassium. Sugar and food acids are also added.
- Non-professional sports people do not need to drink sports drinks after exercising or playing sport.



How to protect your teeth from sports drinks

Choose water to stay hydrated.

If you drink a sports drink,

- do not swish it around or hold it in your mouth before swallowing,
- do not open the drink cap with your teeth, and
- have a drink of water after finishing the sports drink to wash it from your mouth.

Ingredients that can damage teeth:

Sugar

- Drinking too many sugary drinks can cause tooth decay.
- Sugar-free sports drinks are available. They do not include sugar but still include food acids.

Food acids

- Food acids in drinks make the drink acidic. Acids in drinks can lead to tooth erosion.



On average,

a 600ml sports drink contains:



8.5 teaspoons added sugar (34 grams)



Acidic
2.7 - 3.14 pH

