Sugar & Tooth Decay

**How Much Added Sugars* Are We Consuming?**

US adults consume 18 tsp per day = **40% too much**

US children consume 19 tsp per day = **70% too much**

Children and adults are eating and drinking added sugars at well over the daily recommended amount. The result is increased risk for serious health problems, like tooth decay.

*Added sugars are sugars and syrups added to foods during preparation or processing, or at the table, and include cane and beet sugar, high fructose corn sweetener, glucose, dextrose, honey, and edible syrups.

**Too much added sugar increases your risk of tooth decay**

Cavity-forming acids are produced when mouth bacteria metabolize sugars.

Almost 2 out of 3 youth consume sugary drinks every day
- **241 calories/day**

1 out of 2 adults consume sugary drinks every day
- **283 calories/day**

Learn more about what to do about added sugars and sugary drinks here:

**Healthy Food America**

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**Quick Facts About Tooth Decay**

- Cavities are common throughout the lifespan and can lead to dental pain and tooth loss.
  - Children who experience dental pain are more likely to miss school and can have difficulty learning.
- One-third of children aged 2–8 years have cavities in their baby teeth. More Hispanic children (46%) and black children (44%) have cavities in their baby teeth compared to white children (31%).
- One in five children aged 6–11 years have cavities in their permanent teeth.
- Among adults aged 20–64 years, 91% have cavities.
REFERENCES


