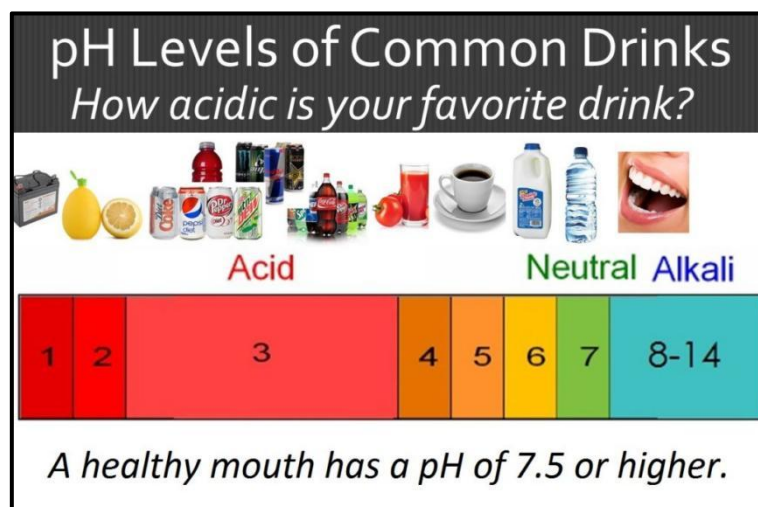


Is Sparkling Water OK for Teeth?



We're all aware that soda, juice, and sports drinks aren't ideal for our teeth, but what about sparkling water or seltzer? In recent years, seltzer has become increasingly popular, with countless brands and flavors available, making it a fun and refreshing option for both adults and kids. Many types of sparkling water contain zero sugar, zero calories, and no artificial sweeteners, so it seems like a healthy choice. But despite these benefits, you may still come across warnings that sparkling water can be harmful to your teeth – how is that possible?



The bubbles in carbonated drinks come from carbonic acid, which can be tough on teeth. Acidic drinks, like sodas and energy drinks, can lower the mouth's pH and lead to cavities. Seltzer is less harmful than sugary sodas, but it's still acidic and can damage teeth if used for a longer period of time.

So, to sum it up: sparkling waters aren't great for your teeth, but they're not as harmful as many other beverages (aside from regular water, of course). The American Dental Association (ADA) even gave sparkling water the thumbs up earlier this year. However, since regular water especially fluoridated is still the top choice for oral health, it's best to avoid over consuming seltzer.

Your Saraswati Dental College team is here to help !

We are proud to be recognized as trusted pediatric dental experts. Our goal is to help you and your child adjust to the world of dental visits in any way we can. If you'd like, we can introduce your child to our team before their appointment. So, just let us know! You and your child are in great hands with our experienced team. Feel free to reach out with any questions. We're here to support your child's bright future!