

# How much sugar is in your drink?



Product	Serving	Sugar
Rockstar Xdurance	500ml	69g
Mountain Dew	500ml	66g
Monster Energy, Monster Assault	500ml	55g
Energise Edge	440ml	48g
Red Bull Energy Drink, Red Bull Blue Edition Blueberry	250ml	27.5g
Emerge	250ml	23.25g
Tesco Blue Spark	250ml	12.2g
Monster Rehab	500ml	11g

Source: Safefood, Energy Drinks Infographic, (2017)  1 teaspoon = 4g sugar

**Unflavoured milk and water are the most tooth friendly drinks. Milk will aid muscle recovery after exercise.**



Special Olympics  
**Special Smiles®**

## Report Card



Dental Health Foundation  
Ireland





# Every Smile is Special!

Athlete's Name: \_\_\_\_\_

That's why we took the time to check your teeth today.\*

It's important to keep your teeth and gums healthy. After looking at your mouth this is what we recommend.

- Maintenance:** Make sure you keep brushing and flossing. Your teeth and gums look great.
- Non-urgent:** You need to do better keeping your teeth clean. Remember to brush twice daily. Please make an appointment with a dentist. You may have some problems.
- URGENT\*\*:** Please see a dentist as soon as possible. The following is a brief description of the problems that were found:

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\*This was a visual examination only. No x-rays were used, and it does not take the place of a complete examination from a dentist.

Visit your dental team once a year for advice and a check up



## Tooth Tips

- Brush twice a day, at bedtime and one other time for 2-3 mins.
- Use a soft/medium toothbrush and fluoride toothpaste (at least 1000 ppm).
- Spit, don't rinse.
- Change your toothbrush when bristles are worn.

## Diet Tips

- Choose healthy foods such as whole fruits and vegetables.
- Avoid sweets, chocolate, biscuits and sugary drinks.

## General Tips

- To help dry mouth, sip water or ice cubes, or chew sugar free gum. Avoid sucking sweets or drinking sweet drinks.
- Choose sugar free medicines when available.
- Smoking and alcohol can have a negative effect on sporting performance. They are also risk factors for mouth cancer.
- Always wear a mouth guard when playing contact sports to reduce the risk of dental injuries.