

# NEWS live healthy

## soda and your smile

It's not just the sugar in soda that's bad for your teeth – flavor additives destroy tooth enamel as well, according to a new study. Researchers at the University of Maryland, Baltimore, found that noncola soft drinks and canned iced tea cause up to five times the damage of the darker colas. Sugar-free versions were just as corrosive, while root beer had the fewest additives of all.

If you don't want to switch to water, brush your teeth 30-60 minutes after drinking a soda or iced tea to minimize damage, says [Bruce Hartley, D.D.S.](#), a dentist in Los Altos, Calif. Waiting lets the saliva rebuild damaged tooth enamel; brushing too soon could remove tooth layers. – F.K.

