



The Number One Drink...Water

Drinking enough plain, fluoridated water is one of the best ways to improve your health. Sipping water helps maintain a clean mouth and strengthens teeth, especially if the water is fluoridated. Water washes away leftover food and residue that cavity-causing bacteria are looking for and dilutes the acids produced by the bacteria in your mouth. Good home care with proper brushing and flossing is necessary but drinking water throughout the day will go a long way toward keeping your smile cavity-free, producing enough saliva to keep you eating, smiling, talking, and laughing in comfort.

If water is too boring, try mixing things up with sparkling water and enjoy the fizz. Even though the carbonation in sparkling water is slightly more acidic than tap water, research has found it does not have a negative effect on tooth enamel. Be mindful of citrus-flavored waters, which have high acid levels. Sparkling water is a better choice than soda, juice, or any other sugar-sweetened beverages.

People drink bottled water for various reasons, including as a taste preference, convenience, and a perceived safer alternative than tap water. However, bottled water may not have enough fluoride, which is important for preventing tooth decay and promoting oral health. With the improvement in refillable water bottles and stations at water fountains, enjoying tap water has become much easier.

The International Bottled Water Association maintains a [list of bottled water brands containing fluoride](#), but most bottled waters contain a less-than-optimal concentration of fluoride and the fluoride content varies among brands. Bottled-water products marketed as “purified,” “distilled,” “deionized,” “demineralized,” or “produced through reverse osmosis” typically have concentrations of fluoride much lower than those of products marketed without these claims.

Fluoridated water is the best for sipping all day. Your teeth and your body will thank you.

Resources

American Dental Association

<https://www.mouthhealthy.org/en/nutrition/food-tips/water-best-beverage>

CDC, Oral Health

https://www.cdc.gov/fluoridation/faqs/bottled_water.htm

International Bottled Water Association

<https://bottledwater.org/list-of-brands-containing-fluoride/>