



Wellness

Dental trend spotlight: Sparkling water

Drinking sparkling water is a hip trend. But is this refreshing beverage good for your smile?

Carbonated drinks get their effervescence from carbon dioxide that turns into carbonic acid. In some carbonated drinks, acid can wear away enamel, making teeth more susceptible to cavities. Trading soft drinks for fizzy water can be a good choice, however, because sparkling water is typically far less acidic.

The acid in most sparkling water does not pose a threat to your teeth, according to the American Dental Association. When researchers soaked teeth in sparkling water versus regular water, they observed no significant difference in enamel erosion.

So, enjoy those bubbly wonders, but not as your main source of hydration. Without the fluoride from most tap water, teeth may be at higher risk for tooth decay.

Keep your beverage choices even more mouth-friendly:

- **Watch out for sparkling water with harmful additives.** Some flavors like lemon and orange contain higher levels of citric acid, while others are sweetened with cavity-causing sugars.
- **Remember that adding a slice of lemon or lime to sparkling water can increase acid levels** and wear away tooth enamel.
- **Minimize the time carbonated water is in your mouth.** It's better to drink all in one sitting or with a meal rather than slowly sipping throughout the day. Avoid holding in your mouth or swirling around before swallowing.

Our verdict: Enjoy sparkling water in moderation, but make plain water your drink of choice.



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