

Athletes may be placing themselves unintentionally at risk of dental erosion and dentists could counsel athletes to control and reduce the effect of potentially erosive foods and drinks.

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1. V. Sirimaharaj¹,
2. L Brearley Messer^{2,*} and
3. MV Morgan²

Acidic Diet and Dental Erosion Among Athletes

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The majority of the sports beverages tested produced dental erosion in this *in vitro* model. However, two new products Sukkie and Endura have lower erosive potential but also lower palatability.

1. NJ Cochrane,
2. Y Yuan,
3. GD Walker,
4. P Shen,
5. CH Chang,
6. C Reynolds and
7. EC Reynolds

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Erosive potential of sports beverages

I am concerned that any change to expand the range of claims that can be made about formulated supplementary sports foods (FSSFs), electrolyte drinks and electrolyte drink bases (EDs) will have a negative effect on public health. These products are generally high in sugar and are acidic, and as such, contribute to obesity and dental erosion. As a senior community nutritionist who has worked for many years with schools and with the Queensland Association of School Tuckshops, I have noted the large proportion of students who purchase these drinks after minimal exercise and when when water would have been the recommended form of hydration. I recommend that FSANZ undertake a literature review on the public health implications on the intake of these beverages before it provides an important avenue to further increase their sales to the vast proportion of consumers for whom increased intake can only have a detrimental effect on their long term health and well being.