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Sodas Eroding Tooth Enamel

(KLZA) A University of Nebraska dental professor is encouraging Nebraskans to limit how much soda they drink because it erodes the enamel on teeth.

Kim McFarland says it doesn't matter whether the soda is diet or regular because all of it damages tooth enamel.

When the enamel is damaged, teeth can become sensitive and cavities might develop.

McFarland says enamel erosion is a common problem now because people drink so much soda.

McFarland says it's best for teeth not to drink soda at all. But for people who do drink soda, it's better to drink it only at meals and to brush afterward.

Associated Press