

<http://www.nofluoride.com/>

No fluoride advocate ever discusses how much fluoride is already being consumed in the food and beverages we drink. If they did, the truth would be known that we already consume excessive amounts of fluoride from our diets. The need for water fluoridation would be unnecessary.



For example, if you have [cereal with milk and a Coke](#), you have overdosed on fluoride. You have exceeded the American Dental Association's recommended daily dose by over 130%.

<http://www.nofluoride.com/consumption.cfm>

Many juices our children drink are loaded with fluoride, just look at the [list](#) and you can see for yourself. A number of laboratory analysis are [available](#).

http://www.nofluoride.com/presentations/Fluoride_content_food_%26_beverages.pdf

If we examine an average elementary [school lunch](#) in a **nonfluoridated** community, we can get an estimate of how much fluoride our children are actually receiving. The facts clearly show an overdose of the "recommended" amount of fluoride in just one school meal.

http://www.nofluoride.com/school_lunch.cfm

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*It is difficult to get a man
to understand something,"
wrote Upton Sinclair,
"when his salary depends
upon his not understanding it."*