



DRINKS THAT EAT YOUR TEETH

Everything you eat and drink affects the health of your body and your mouth, but some of the most concentrated and destructive combinations of acid and sugar are found in the beverages that many of us consume every day. Pathogenic oral bacteria thrive in a sugary, acidic environment. Enamel erosion and decay are most often caused by an excess of these two dietary elements. However, even without the presence of pathogenic oral bacteria, acid alone can erode tooth enamel and eventually destroy your teeth.

Enamel erosion begins at a pH level 5.5 or lower. Acidic foods and beverages will certainly change the pH of your mouth for varying amounts of time, but the most destructive source of acid in the mouth comes from the bacteria itself. When oral bacteria feeds on sugar and other simple carbohydrates, they release acid as a byproduct. As long as the bacteria are continuously provided with the simple sugars they need, the pH of your mouth will continue to become more acidic. Even a neutral or alkaline beverage will eventually contribute to the erosion of your teeth if that beverage contains simple carbohydrates or added sugars.

The best daily beverage you can drink for the health of your body is plain, unflavored water. When you choose to drink something else, however, please consider the effects that beverage may be having on your teeth. This chart contains many of the most common soft drinks, energy drinks, juices, and sports beverages on the market. If a drink you consume regularly is not on this list, we encourage you check the ingredients for added sugars and sources of acid, or even to test the pH for yourself.

Drink	Acid(pH)	Sugar(tsp in 12oz)	Caffeine (grams)	Calories (in 12oz)
Battery Acid	1	0	0	0
Stomach Acid	2.00 (as low as 1.0 with projectile vomiting)	0	0	0
Lime Juice	2.00-2.35			
Lemon Juice	2.00-2.60			
Cranberry Juice, canned	2.30-2.52			
Vinegar	2.40-3.40			
Sunny Delight	2.4	6.3	0	0
Gatorade Clear	2.4	5.5	0	0

Pepsi	2.49	9.8	37	150
Country Time Lemonade	2.5	5.4	0	0
SoBe Sugarfree Tropical	2.5	0	0	0
RC Cola	2.5	0	0	0
Cherry Coke	2.52	8.9	34	0
Coke Classic	2.53	9.3	34	140
SoBe Strawberry-Grape	2.6	6.5	0	0
Capri Sun	2.6	5.5	0	0
Orange Crush	2.7	10.5	0	0
Hi-C Blast Fruit Punch	2.7	5.5	0	0
Tang	2.7	5.1	0	0
Hi-C Lemonade	2.7	5.5	0	0
Extran	2.74		0	60
Powerade	2.75	15 grams	0	115
Orange Minute Maid	2.8	11.2	0	180
Mellow Yellow	2.8	10.1	51	0
Diet Cherry Coke	2.8	0	34	0
Welch's White Grape	2.8	7.8	0	0
Mr. Pibb	2.8	0	40	0
Hawaiian Fruit Punch	2.82	10.2	0	0
Squirt	2.85	9.5		
Lipton Brisk	2.87	7	9	0
Upside Down 7-UP	2.9	6.3	0	0
Grapefruit Juice, canned	2.90-3.25			
Cranberry Juice, white	2.9	5.5	0	0
Dr. Pepper	2.92	9.5	40	160
Gatorade	2.95	5.5	0	75
Nestea Sweetened Lemon Iced Tea	2.97	9	16.6	0
Grapefruit Juice	3	35 grams	0	150
Diet Rite, white grape	3	0	0	0
Kool-Aid Jammers, cherry	3	5.1	0	0
Sierra Mist	3	5.5	0	0
Surge	3.02	10	51	170
Nestea	3.04	5	26-Nov	
Pepsi One	3.05			
Vinegar, cider	3.1			
Diet Code Red Mountain Dew	3.1	0	0	0
Pepsi Blue	3.1	5.7	0	0
V8 Splash Berry Blend	3.1	5.5	0	0

Orange Slice	3.12	11.9		
Dole, orange strawberry banana	3.2	6.3	0	0
Fresca	3.2	0	0	0
Propel	3.2	0.4	0	0
Snapple Tea	3.2	7.6	31.5	0
Snapple Tea Diet	3.2	0	0	0
Twist Up	3.2	5.5	0	0
Mountain Dew	3.22	11	55	165
Grape Minute Maid	3.29	11.9	0	
Pineapple Juice, canned	3.30-3.60			
Orange Juice, Florida	3.30-4.15			
Orange Juice, California	3.30-4.19			
Diet Mountain Dew	3.34	0	55	
Sherry, wine	3.37			
Diet Coke	3.39	0	45	
Dole, Pineapple Juice	3.4	5.7	0	0
Apple Juice	3.4	4.8	0	0
Diet Dr. Pepper	3.41	0		
Sprite	3.42	9	0	140
Plum Nectar	3.45			
Ultima	3.5			
Juicy Juice	3.5	4.6	0	0
Tea, iced	3.5	0	70.6	0
Tropicana Sprite Remix	3.5	5.5	0	0
Diet 7-UP	3.67	0	0	
Cytomax	3.79			75
Accelerade	3.86	4.4	0	120
Enervit G	3.88	8.9	0	81
Powerbar Endurance	3.89	0	0	105
Vegetable Juice	3.90-4.30			
Prune Juice	3.95-3.97			
Dad's Root Beer	4	9.7	0	
Pear Nectar	4.03	0	0	
Mill, Acidophilus	4.09-4.25			
Tomato, Juice	4.10-4.60			
A&W Crème Soda	4.2	9.7	29	
Gu20	4.29			
A&W Root Beer	4.3	0	0	
Buttermilk	4.41-4.83			
E load	4.5			
Diet Barq's	4.55	0		

Barq's	4.61	10.7	22	
Emend	4.95			
Milk, sour, fine curd	4.70-5.65			
Milkfish	5.3			
Guava Nectar	5.5			
Brewed Coffee	5.51		203	
Instant Coffee	5.5		143	
Milk, evaporated	5.90-6.30			
Aloe Juice	6.00-6.80			
Milk, condensed	6.33			
Milk, cow	6.40-6.80			
Milk, goat	6.48			
Chrysanthemum Drink	6.5			
Coconut Milk and Coconut Water	6.10-7.00			
Milk, 2%	6.8	3.5	0	
Milk, skim	6.8	3.5	0	
Water	7			
Soybean Milk	7			
Milk, peptonized	7.1			
Wax Gourd Drink	7.2			
Tea, Brewed	7.2	0	70.6	
Tea	7.2			