



**DENTAL
PROFESSIONALS**
Whitesburg

Dental Professionals on Whitesburg

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DRINKS THAT EAT TEETH

Well, not ALL drinks eat teeth (water is listed as a reference, but has a neutral pH of 7.0, so it does NOT eat teeth), but we have as many drinks listed here as possible, so you can make sure your favorite beverage is not one of the tooth-eaters! Demineralization, or loss of tooth material, begins at a pH of 5.5, although under certain conditions, may even start at a higher pH.

DRINK	ACID (PH)	SUGAR (TEASPOONS IN 12OZ.)	CAFFEINE (GRAMS)	CALORIES (IN 12 OZ.)
Battery Acid	1.00	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 (27 grams)	37	150
Country Time Lemonade	2.5	5.4	0	0
SoBe Sugarfree Tropical	2.5	0	0	0
RC Cola	2.50		43.2	
Cherry Coke	2.52	8.9	34	0
Coke Classic	2.53	9.3 (27 grams)	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
HiC Lemonade	2.7	5.5	0	0
Extran	2.74		0	60
Powerade	2.75	15 grams	0	115

DRINKS THAT EAT TEETH (continued)

DRINK	ACID (PH)	SUGAR (TEASPOONS IN 12OZ.)	CAFFEINE (GRAMS)	CALORIES (IN 12 OZ.)
Orange Minute Maid	2.80	11.2 (48 grams)	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	
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 (40.5 grams)	40	160
Gatorade	2.95	5.5 (21 grams)	0	75
Nestea Sweetened Lemon Iced Tea	2.97	7	16.6	0
Grapefruit juice	3.00	35 grams	0	150
Diet Rite (white grape)	3.00	0	0	0
Grapefruit juice	3.00	7.4	0	150
Kool-Aid Jammers (cherry)	3.00	5.1	0	0
Sierra Mist	3.00	5.5	0	0
Surge	3.02	10	51	170
Nestea	3.04	5	11 to 26	
Pepsi One	3.05	0	36	1.5
Vinegar, cider	3.10			
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
Vinegar, cider	3.1	0	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

DRINKS THAT EAT TEETH (continued)

DRINK	ACID (PH)	SUGAR (TEASPOONS IN 12OZ.)	CAFFEINE (GRAMS)	CALORIES (IN 12 OZ.)
Fresca	3.20	0		
Mountain Dew	3.22	11 (46 grams)	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	3.50			15
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
Sherry-wine	3.37			
Diet 7UP	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	
Milk, Acidophilus	4.09-4.25			
Tomatoes, Juice	4.10-4.60			
A&W Crème Soda	4.2	9.7	29	
GU20	4.29			75
A&W Root Beer	4.3	0	0	
Buttermilk	4.41-4.83			

DRINKS THAT EAT TEETH (continued)

DRINK	ACID (PH)	SUGAR (TEASPOONS IN 12OZ.)	CAFFEINE (GRAMS)	CALORIES (IN 12 OZ.)
e load	4.50			216
Diet Barq's	4.55	0		
Barq's	4.61	10.7	22	
Emend	4.95			
Milk, sour, fine curd	4.70-5.65			
Emend	4.95	0	0	
Milkfish	5.30			
Guava Nectar	5.50			
Brewed Coffee	5.51		203	
Instant Coffee	5.51		143	
Milk, evaporated	5.90-6.30			
Alo Juice	6.00-6.80			
Milk, condensed	6.33			
Milk, Cow	6.40-6.80			
Milk, Goat's	6.48			
Chrysanthemum Drink	6.50			
Coconut Milk	6.10-7.00			
Milk, 2%	6.8	3.5	0	
Milk, skim	6.8	3.5	0	
Water	7.00	0	0	0
Soybean Milk	7.00			
Milk, peptonized	7.10			
Wax Gourd Drink	7.20			
Tea (brewed)	7.2	0	70.6	
Tea	7.20			
7UP		9.3	0	140
A&W Crème Soda			29	
A&W Diet Crème Soda			22	
Kick			57	
Mellow Yellow			51	
Ocean Spray 100% Cranberry Juice		35 grams	0	180
Pepsi One			55	
Schweppes Ginger Ale		22 grams		
Skim Milk		11 grams		

DRINKS THAT EAT TEETH (continued)

DRINK	ACID (PH)	SUGAR (TEASPOONS IN 12OZ.)	CAFFEINE (GRAMS)	CALORIES (IN 12 OZ.)
Starbucks Latte		9.5 grams		
Snapple			4.5 to 31.5 (see NSDA website)	
Sunkist Diet Orange				
Sunkist Orange Soda		35 grams	42	
TAB			41	
Tropicana Orange Juice		22 grams	45	
Honest Tea Peach Oo-la-long		4.5 (18 grams)		60
Milk		18 grams		180
Orangina		7.75 (31.5 grams)	0	135
Fizzy Lizzy Grape		29 grams		120
Jones Soda Co. Green Apple		11.5 (46 grams)	0	180
Sweet Leaf Raspberry Sweet Tea		6.375 (25.5 grams)		105
Spark Mandarin-Carrot Juice Drink		10.5 (42 grams)		180
Minute Maid Apple Juice		10 (39 grams)		165
Original Arizona Iced Tea		9 (36 grams)		135
The Switch Black Cherry		9 (36 grams)		180

Because the pH scale is logarithmic, a one unit change in pH is associated with a 10 fold change in the acidity. For example, lemon juice has a pH of 2.0, while grapefruit juice has a pH of 3.0. Lemon juice would therefore be 10x as acidic as grapefruit juice. Even more enlightening, Coke Classic is roughly 100 times as acidic as Barq's root beer.