

Drinks That Eat Teeth

Not ALL drinks 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. Because the pH scale is logarithmic, a one unit change in pH is associated with a 10 fold increase 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 10 times as acidic as grapefruit juice. Even more interesting, Coke Classic is roughly 100 times as acidic as Barq's root beer.

<u>Drink</u>	<u>Acid (pH)</u>	<u>Sugar (teaspoons in 12oz.)</u>	<u>Caffeine (grams)</u>	<u>Calories (in 12 oz.)</u>
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
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
Hawaiin 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
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			

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		
Starbucks Latte	9.5 grams		
Snapple		4.5 to 31.5 (see NSDA website)	
Sunkist Diet Orange		42	
Sunkist Orange Soda	35 grams	41	
TAB		45	
Tropicana Orange Juice	22 grams		
Honest Tea Peach Oo-la-long	4.5 (18 grams)		60
Milk	18 grams	0	180
Orangina	7.75 (31.5 grams)		135
Fizzy Lizzy Grape	29 grams	0	120
Jones Soda Co. Green Apple	11.5 (46 grams)		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