

Acid and Sugar Content of Common Beverages

We have compiled a list of some common drinks with the acid and sugar contents in each. This is important because these ingredients will cause decalcification – “white spots” or “scars” on the teeth. The lower the pH number, the more acidic the drink. The more acidic the drink is, the greater the chance of getting white spots on the teeth. The closer the number is to 7, the less likely it is to contribute to decalcification.

Food and drinks containing high sugar contribute to tooth decay and decalcification. The bacteria that causes tooth decay and decalcification thrives in a high sugar environment. In addition, brushing is very important. Decalcification can still occur if there is consistently bad brushing and flossing, even with only drinking milk and water!



We recommend not drinking any beverage with a pH less than 3.5, and limiting consumption of drinks below 5 pH. If you would like to know what the pH and sugar content of your favorite drink is, let us know and we will test it for you.



All drinks on this list we advise to **stay away from** except for the **occasional** and **suggested** drinks which are within the brackets at the bottom:

	pH	Grams of Sugar per 12oz
Battery Acid	1	0
Lemon Juice	2	0
Coke	2	39
Vanilla Coke	2.1	28
RC Cola	2.1	43
Pepsi	2.3	41
Sunny Delight	2.4	30
Snapple	2.4	27
Sunny Delight Caribbean	2.4	30
Clear Gatorade	2.4	14
Sobe (Sugar Free Tropical)	2.5	0
Country Time Lemonade	2.5	25.5
Squirt	2.6	40
Hawaiian Punch	2.6	23
Cranberry Juice	2.6	46
Sobe (Strawberry-Grape)	2.6	31
Capri Sun	2.6	26
Crystal Lite Lemonade	2.6	0
Dr. Pepper	2.7	40
Mountain Dew	2.7	46
Tang (Fruit Frenzy)	2.7	24
Hi-C Lemonade	2.7	26
Orange Crush	2.7	50
Hi-C Blast Fruit Punch	2.7	26
Gatorade	2.7	14
Mellow Yellow	2.8	47
Welch's White Grape	2.8	37
Diet Cherry Coke	2.8	0
Diet Coke	2.8	0
Upside Down 7-Up	2.9	30
White Cranberry Juice	2.9	26
Sprite	3	26
7-Up	3	26
Sierra Mist	3	26
Kool-Aid Jammers (Cherry)	3	24
Diet Rite (White Grape)	3	0
Diet Code Red Mountain Dew	3.1	0
Pepsi Blue	3.1	27
V-8 Splash Berry Blend	3.1	26
Snapple Tea (Peach)	3.2	24
Dole (Orange Strawberry Ban.)	3.2	30
Diet Snapple Tea	3.2	0
Propel	3.2	2
Twist Up	3.2	26
Diet Mountain Dew	3.2	0
Welches Grape Juice	3.3	60
Apple Juice	3.4	23
Dole (Pineapple Juice)	3.4	27
Diet 7-Up	3.5	0
Tropical Sprite Remix	3.5	26
Iced Tea, Unsweetened	3.5	0
Juicy Juice	3.5	22
Orange Juice	3.9	46
Mug Root Beer	3.9	44
Barq's Root Beer	4	45
V-8	4	11
Dad's Root Beer	4	42
A&W Cream Soda	4.2	31
A&W Root Beer	4.3	46
Skim Milk	6.8	16.5
2% Milk	6.8	16.5
Peoria Tap Water	7	0



THANK YOU!