

Acid and Sugar Filled Drinks Cause Tooth Damage



How much acid does your favorite drink have?

PRODUCT	ACID (LOW=BAD)	SUGAR (PER 12oz.)
Pure Water	7.00 (neutral)	0 tsp.
Barqs Root Beer	4.61	10.7 tsp.
Sweet Tea	4.59 (depending on sugar amount)	n/a
Sprite	3.42	9.0 tsp.
Diet Dr. Pepper	3.41	0 tsp.
Diet Coke	3.39	0 tsp.
Mountain Dew	3.22	11 tsp.
Gatorade	2.95	3.3 tsp.
Dr. Pepper	2.92	9.5 tsp.
Coke	2.63	9.3 tsp.
Minute Maid OJ	2.8	11.2 tsp.
Monster/ Redbull	2.7	7 tsp.

How to avoid damage:

- Consume little or no acidic and sugary drinks.
- Brush teeth thoroughly after drinking these types of drinks.