



Acidity (low number = more acid) and Amount of Sugar in Popular Drinks

Product	pH	Sugar
Pure Water	7.0 (neutral)	0 tsp
Barq's Root Beer	4.0	11 tsp
Minute Maid (R) Orange Juice	3.8	9 tsp
Propel (R) Fitness Water	3.4	1 tsp
Red Bull (R)	3.3	10 tsp
Sprite (R)	3.3	10 tsp
Mountain Dew (R)	3.3	12 tsp
Diet Coke (R)	3.1	0 tsp
Sierra Mist	3.1	10 tsp
Full Throttle Energy Drink	3.0	11 tsp
Diet Pepsi (R)	3.0	0 tsp
Gatorade (R)	2.9	5 tsp
Sunkist (R) Orange Soda	2.9	13 tsp
Dr. Pepper (R)	2.9	10 tsp
Vault Energy Soda	2.9	12 tsp
Amp—Mountain Dew (R)	2.8	11 tsp
SoBe (R) Energy Citrus	2.6	12 tsp
Minute Maid (R) Lemonade	2.6	10 tsp
Pepsi (R)	2.5	11 tsp
Diet Schweppes Tonic Water	2.5	0 tsp
Coca-Cola (R) Classic	2.4	10 tsp
Battery Acid	1.0	0 tsp



Laboratory tests, Dr. John Ruby, University of Alabama, Birmingham School of Dentistry, 2007.
4.0 grams = 1 teaspoon sugar

Here's how you get cavities

- Sugar in pop combines with bacteria in your mouth to form acid.
- Diet or "sugar-free" pop contains its own acid.
- Acid in soft drinks, whether they contain sugar or not, is the primary cause of weakening tooth enamel.
- The acid attacks your teeth. Each acid attack lasts about 20 minutes.
- The acid attack starts over again with every sip.
- Ongoing acid attacks weaken your tooth enamel.
- Bacteria in your mouth cause cavities when tooth enamel is damaged.
- If you have a receding gum line, acid does more damage below the gum line than above it. This is particularly a concern for adults.



How to reduce decay

- Drink soft drinks in moderation.
- Don't sip for extended periods of time. Ongoing sipping prolongs sugar and acid attacks on your teeth.
- Use a straw to keep the sugar away from your teeth.
- After drinking, swish your mouth out with water to dilute the sugar.
- Never drink pop or juice before bedtime because the liquid pools in your mouth and coats your tongue and teeth with sugar and acid.
- Read labels. Regular pop is high in sugar. And diet or "sugar-free" pop is high in acid. Sugar and acid are bad for your teeth.
- Drink water instead of pop. It has no sugar, no acid and no calories.
- Get regular checkups and cleanings to remove bacteria buildup (plaque). Floss, too.
- Use a fluoride toothpaste to protect your teeth.

