

Drinks That Eat Teeth

This is the most complete listing of drink contents on the internet, a project begun in 1999. if you have any data to share with us, or feel any listing here is incorrect, please contact me at KentSmith@21stCenturyDental.com

Well, 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.

Missing data is unknown at this time

| 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 |

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|--|-----------|------------------|------|-----|
| 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 |

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|--|-----------|---------------|----------|-----|
| 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 | |

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|-------------------------------|-----------|------|------|-----|
| 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 | |

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|---|-----------|----------|------|-----|
| 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 |

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|--|--------------------|--|-----|
| 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 |
| 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.

NSDA

Missouri Dental Association's Stop The Pop

There is some useful information on acid erosion of teeth on both **Dr. Richard Ehrlich's site** and on **Dr. Steve Hendry's site**.