

Acid and Sugar Content of Some Common Beverages

	PH	Grams Sugar/12 OZ
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 7up	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
Snapple Tea Diet	3.2	0

	PH	Grams Sugar/12 OZ
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 Rot Beer	3.9	44
Barq's Root Beer	4	45
V- 8	4	11
Dad's Rootbeer	4	42
A&W Creme Soda	4.2	31
A&W Root Beer	4.3	46
Skim Milk	6.8	16.5
2 % Milk	6.8	16.5
Tap Water	7	0

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We have compiled a list of some common drinks and the concentration of acid and the amount of sugar in each. This is important since a lot of acid and a lot of sugar will cause decalcification- "white spots" on teeth.

The lower the pH number the more acidic the drink. The more acidic the drink is the greater the chance of making white spots on the teeth. The closer the number is to 7 the less likely it is to contribute to white spots.

Food and drinks containing high sugar contribute to tooth decay and white spots on the teeth. The bacteria that causes tooth decay and white spots thrives in a high sugar environment.

In addition, brushing is very important. Without excellent brushing white spots can still occur, even if you drink only milk and water.

We recommend not drinking any beverage with a pH less than 3 and limit consumption of drinks below 5.5 pH. A&W Root Beer, Dad's Root Beer, Barq's and Mug seem to be the best soft drinks, but check the label of other types of root beer as it may contain phosphoric acid and would then have a low pH.