

# DRINKS DESTROY TEETH.org



## Acid Drinks Destroy Teeth!

### IT'S A FACT:

**Drinks melt enamel and promote decay.**

Sport, energy and soft drinks are leading to unprecedented levels of decay and loss of tooth enamel (dental erosion) for a new generation of youth and young adults.

The over-consumption of sugary, acidic drinks, such as boxed juice, sports drinks, energy drinks and soft drinks, is reversing more than 50 years of public health gains realized through preventive measures such as fluoridated water and dental sealants.



**DRINKS DESTROY TEETH**  
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## Acid, Sugar, Quantity and Timing

### ACID

Soft drinks, sports drinks, energy drinks and juices pack a double dose of acid and sugar that may destroy teeth. Acid softens enamel and chemically dissolves the outer layer. This is dental erosion. Softer enamel is more susceptible to decay.

### SUGAR

Sugar feeds the bacteria which cause tooth decay. Drinks are liquid candy, which easily pools between and around the teeth. This promotes bacterial growth and decay.

### QUANTITY

Super sizing a drink increases the contact time and causes more damage. Sipping small amounts over time leads to cumulative destruction. The longer it takes to drink a sugar laden, acidic drink, the greater the damage.

### TIMING

Sports and energy drinks have more acid than soft drinks. When one is dehydrated with no saliva, the acid in the sports and energy drinks dissolves enamel more quickly. Sipping a sugary, acidic drink all day while driving, studying or working dissolves enamel and promotes cavities.

### PREVENTION

- Drink in moderation.
- Use a straw.
- Drink at one sitting or with food.
- Drink water to rehydrate.
- Wait one hour to brush after an acidic drink.
- Use fluoride and remineralizing products.
- Drink milk. Its neutral pH of 6.7 and 1 tsp of lactose (sugar) per 12 ounces are healthy for teeth.

Visit [DrinksDestroyTeeth.org](http://DrinksDestroyTeeth.org)  
for videos, free downloads, and photo galleries!

## Acid & Sugar Content of Common Drinks

The pH scale measures the acidity or alkalinity of a solution with pure water in the middle at neutral pH 7. As the arrows below indicate, the lower the pH, the stronger the acid. *Please note: Battery acid is listed below only for purposes of comparison, and should never be confused for any reason as a beverage.*

Drink or substance (12 oz. serving)	Acid pH	Tsp Sugar
Water	(Neutral) 7.0	0
Milk	6.7	1
Barq's Root Beer	4	11
Minute Maid® Orange Juice	3.8	9
Propel® Fitness Water	3.4	1
Red Bull® Energy Drink	3.3	10
Sprite®	3.3	10
Mountain Dew	3.3	12
Diet Coke	3.1	0
Sierra Mist	3.1	10
Full Throttle Energy Drink	3	11
Diet Pepsi	3	0
Gatorade®	2.9	5
Sunkist® Orange Soda	2.9	13
Dr. Pepper	2.9	10
Vault™ Energy Soda	2.9	12
Mountain Dew AMP <sup>1</sup>	2.8	11
SoBe Energy Citrus	2.6	12
Minute Maid® Lemonade	2.6	10
Pepsi	2.5	11
Diet Schweppes Tonic Water	2.5	0
Coca Cola Classic <sup>2</sup>	2.4	10
Battery Acid <sup>3</sup>	1	0

BEST

WORST

<sup>1</sup> Now called AMP Energy.

<sup>2</sup> In some geographical areas of the U.S. and Canada known simply as "Coca-Cola."

<sup>3</sup> Battery Acid is NOT a drink.

Test by Dr. John Ruby, University of Alabama, Birmingham School of Dentistry, 2007.