

FACTS ABOUT SODA POP

High in Acid and Sugar – a Recipe to Hurt Your Teeth

The average American today drinks over 600 servings of pop a year.***

Product	Acid Low=BAD	Sugar per 12 oz
Pure Water	7.00 (neutral)	0.0
Barq's	4.61	10.7 tsp.
Diet Coke	3.39	0.0
Mountain Dew	3.22	11.0 tsp.
Gatorade	2.95	3.3 tsp
Coke Classic	2.63	9.3 tsp.
Pepsi	2.49	9.8 tsp.
Sprite	3.42	9.0
Diet 7-Up	3.67	0.0
Diet Dr. Pepper	3.41	0.0
Surge	3.02	10.0
Gatorade	2.95	3.3
Hawaiian Fruit Punch	2.82	10.2
Orange Minute Maid	2.80	11.2
Dr. Pepper	2.92	9.5
BATTERY ACID	1.00	0.0
Source: Minnesota Dental Association *	The threshold pH for enamel dissolution is 5.5.	

Lower the pH the more acidic the liquids and therefore more harmful to your teeth.