

Acidity (pH) and Sugar Content of Beverages

Acidity: 7.0 pH is neutral and is ideal; the more acidic (lower the number), the worse for your teeth and overall health

Sugar content: the less, the better – sugar is one of the worst foods you can eat for your health

<u>Beverage</u>	<u>Acidity</u> (Low = Bad)	<u>Sugar Content</u> (Per 12 oz. Serving - 1 can)
Pure water	7.00	0.0
Barq's	4.61	10.7 tsp
Diet Barq's	4.55	0.0
Diet 7 Up	3.67	0.0
Sprite	3.42	9.0 tsp
Diet Dr. Pepper	3.41	0.00
Diet Coke	3.39	0.0
Diet Mountain Dew	3.34	0.0
Grape Minute Maid Soda	3.29	11.9 tsp
Mountain Dew	3.22	11.0 tsp
Fresca	3.2	0.0
Orange Slice	3.12	11.9 tsp
Diet Pepsi	3.05	0.0
Nestea	3.04	5.0 tsp
Surge	3.02	10.0 tsp
Gatorade	2.95	3.3 tsp
Dr. Pepper	2.92	9.5 tsp
Squirt	2.85	9.5 tsp
Hawaiian Fruit Punch	2.82	10.2 tsp
Orange Minute Maid Soda	2.80	11.2 tsp
Coke Classic	2.53	9.3 tsp
Pepsi	2.49	9.8 tsp
Battery Acid	1.00	0.0

Source: Minnesota Dental Association