

Acidity of drinks



The pH scale measures the acidity or alkalinity of a solution. Pure water has the neutral pH of 7. Solutions with pH values lower than 7 are acidic and higher than 7 are alkaline.

The levels of acid, which can erode the surface of the teeth, is not published on the drinks by manufacturers. Acidity of drinks is a hidden danger.

Drinks with pH lower than 5.5 have a high erosive potential.

This includes diet, sugar free and 'zero' options as well.

MORE ACIDIC [drink less]

HIGH	MEDIUM	
Coca-Cola/Pepsi pH 2.3		
Diet Coke pH 3.0		
Energy drinks pH 3.1		
Sprite pH 3.4		
Apple juice pH 3.4		
Orange juice pH 3.6		
Diet 7-Up pH 3.7		
Sparkling mineral water pH 3.9		
		Soda Water pH 5.1
		Flat Mineral Water pH 5.3

LOW



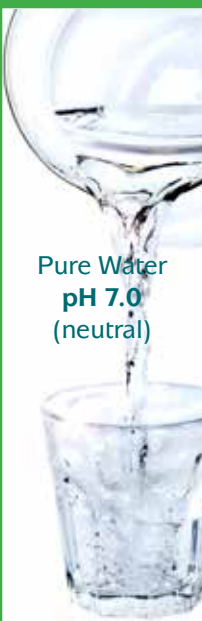
Flavoured Milk pH 6.7

Milk pH 6.8



NO ACIDITY [drink more]

NEUTRAL



Pure Water
pH 7.0
(neutral)

Switch to water!

