

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]

NO ACIDITY
[drink more]

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

LOW



Flavoured Milk pH 6.7

Milk pH 6.8



NEUTRAL



Pure Water
pH 7.0
(neutral)

pH levels are indicative only

Switch to water!



New Zealand
Dental Assoc.