



DON'T GET FIZZLED OUT WITH SODA POP!!

Soft drinks contain not only sugar, but also **acids** that can eat away at enamel and make teeth more susceptible to decay.

This chart looks at how some brands of soda pop compare to water in terms of acid and sugar content.

| | ACID* Low=Bad | SUGAR** Per 12 oz (1 can) | The decay process begins when the pH of your mouth drops below 5.5! Soda's acidity and sugar content is the perfect combination to promote cavity formation. |
|---------------------|--------------------------------|--|--|
| 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 | 2.53 | 9.3 tsp. | |
| Pepsi | 2.49 | 9.8 tsp. | |
| Battery Acid | 1.00 | 0.0 | |

*Laboratory tests. University of Minnesota School of Dentistry.2000

**USDA: 4.2 grams = 1 teaspoon sugar

Source: Minnesota Dental Association

Table reprinted from Dental Products Report, September 2001.

- Limit your soda drink intake
- Choose a brand that is as close to a neutral (7.0 pH) balance to reduce the risk of tooth decay
- Rinse with water after drinking soda to combat its' adverse effects (if brushing is not immediately possible)

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