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Soft Drinks, Sweet Tea, Sport Drinks, Fruit Juices Liquid Cavity Makers and Tooth Destroyers

The average American today drinks over 600 servings of these types of drinks 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
Sweetened Ice Tea	2.94	11.8
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.	

Regular soft drinks are potentially cavity causing due to their high sugar content. Diet soft drinks do not contribute to the formation of cavities but that does not mean they do not harm your teeth. The acid in regular and diet soft drinks have the potential to contribute to enamel breakdown and when combined with sugar can contribute to rampant decay!

Regular soft drinks provide between 150-180 calories per 12oz can. Current dietary recommendations for added simple sugar are 10% of total energy.

One can of regular soft drink per day contains the maximum recommended intake of sugar a day!