

acidic drinks guide....

If you drink acidic drinks frequently, you are at risk of eroding the enamel on your teeth and causing dental decay. To minimise any possible damage limit your intake of acidic drinks. pH 7 is neutral. Any figure lower than this is acidic. The lower the number the more acidic, and therefore, damaging the drink may be.

- ✓ Try to drink mainly still water if possible.
- ✓ Dilute fresh fruit juices/diluting juices as much as possible.
- ✓ Try and limit fizzy juices/herbal teas and other drinks below pH 3.9 to one glass/can per day if possible.
- ✓ Do not clean your teeth straight after drinking acidic drinks (Preferably wait 1/2 an hour).
- ✓ There is some evidence to suggest that chewing sugar free gum helps your mouth neutralise acids quicker and may, therefore, minimise any damage done.

DUNS DENTAL PRACTICE

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Monday	09:00 - 18:00
Tuesday	09:00 - 18:00
Wednesday	09:00 - 18:00
Thursday	09:00 - 18:00
Friday	09:00 - 17:00

Please note that the practice is closed
between 13:00 - 14:00 daily

Type Of Drink

Ph Level

carbonated drinks

([Sugar and Sugar free](#))

Lemonade/orangeade/Cola etc

2.7 - 3.2

diluting juices

Sugar free whole orange drink

3.1 -3.7

fruit drinks

Apple/Orange/Pineapple etc

3.2 -3.7

Pure fruit juice for babies

3.2

herbal teas

Apple and Pineapple

Orchard, mixed fruit Rosehip and Hibiscus

3.0 -3.2

mineral water

(pH dependent on source)

Still

7.6

Sparkling

5.4

beverages

Unsweetened Tea/coffee

5.9 - 6.3

Cow's milk

6.9

miscellaneous

Lager/bitter

4.0

Shandy

3.2

Cider

3.2

Red wine

2.5

Sparkling Grape juice

3.2