



SUGAR + ACID = DOUBLE TROUBLE

	Acid* Low = Bad	Sugar** Per 12 oz serving
Pure Water	7.0 (neutral)	0 tsp
Barq's Root Beer 11 tsp	4.0	11 tsp
Minute Maid (R) Orange Juice	3.8	9 tsp
Propel (R) Fitness Water	3.4	1 tsp
Red Bull (R)	3.3	10 tsp
Sprite (R)	3.3	10 tsp
Mountain Dew ®	3.3	12 tsp
Diet Coke (R)	3.1	0 tsp
Sierra Mist	3.1	10 tsp
Full Throttle Energy Drink	3.0	11 tsp
Diet Pepsi ®	3.0	0 tsp
Gatorade (R)	2.9	5 tsp
Sunkist (R) Orange Soda	2.9	13 tsp
Dr. Pepper (R)	2.9	10 tsp
Vault Energy Soda	2.9	12 tsp
Amp—Mountain Dew (R)	2.8	11 tsp
SoBe (R) Energy Citrus	2.6	12 tsp
Minute Maid (R) Lemonade	2.6	10 tsp
Pepsi ®	2.5	11 tsp
Diet Schweppes Tonic Water	2.5	0 tsp
Coca-Cola (R) Classic	2.4	10 tsp
Battery Acid	1.0	0 tsp

* Laboratory tests, Dr. John Ruby, University of Alabama, Birmingham School of Dentistry, 2007

** 4.0 grams = 1 teaspoon sugar

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General Dentistry for Children & Young Adults

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