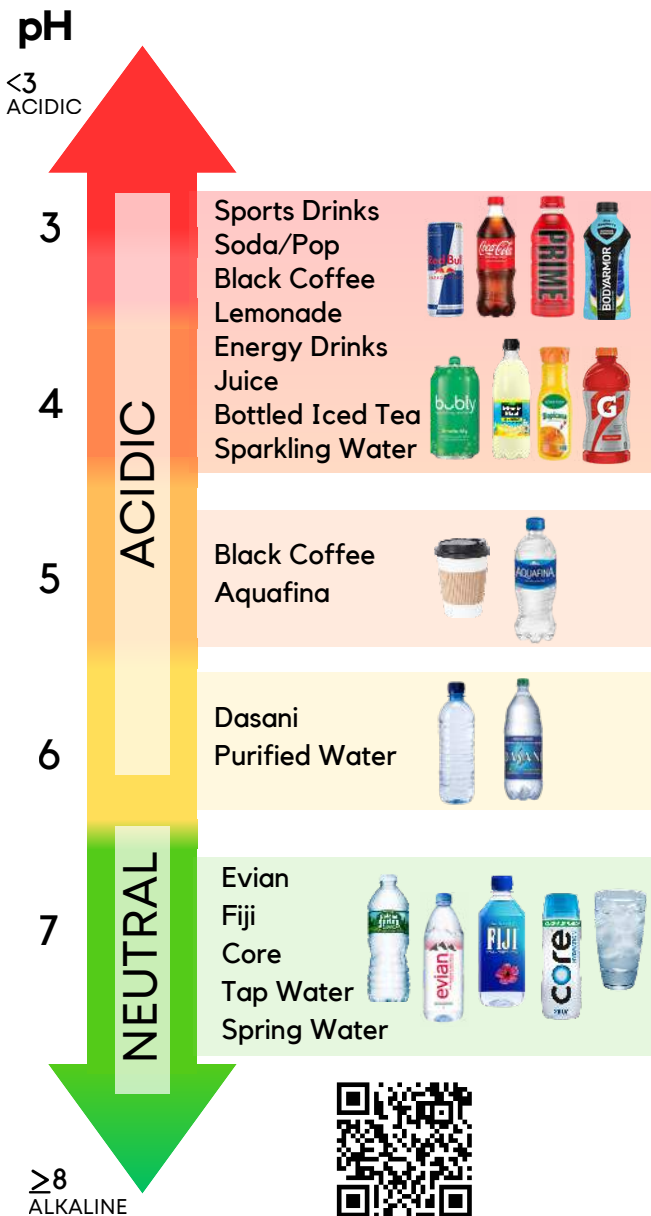


How Much **ACID** is in Your Drink?

Check out how acidic common drinks are and learn about the steps you can take to protect your teeth from acid!



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How Much **ACID** is in Your Drink?

What you drink matters to your teeth! Beverages high in acid wear away the enamel (strong outer layer) that protects your teeth. The pH scale measures acidity - any pH level below 7.0 is acidic. The lower the number, the more harmful to your teeth and smile.

Did you know?

Sugar-free drinks can be acidic

Even sugar-free drinks can be acidic. Carbonation raises every drink's acidity, so any bubbly beverage is likely to be harmful to your dental health over time.

Rinsing with water washes away acids left in your mouth

Rinse with water after an acidic drink to limit the amount of damage it can do.

Some bottled waters are acidic

The process used to “purify” water can raise the acid level. Purified waters have the most acid; spring and alkaline bottled waters are best.

Dairy and other calcium-rich foods can help neutralize acids

After acidic meals or beverages, rinse your mouth with water, drink milk, or enjoy a snack of cheese right afterward.

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