

Acidity of Food and Drinks

Modern diets and eating habits can increase your tooth enamel's exposure to acid erosion. Every day foods and drinks, such as fruit juice, sports drinks, wine and even salad dressings can contain acid which can soften your tooth enamel. This softened enamel is more easily worn away, becoming thinner over time.

As the enamel becomes thinner, teeth can become visibly less white, weaker and sensitive to hot and cold foods. These can all be early signs of acid erosion.

ProNamel toothpaste provides an optimized delivery of fluoride to the teeth that results in stronger enamel and protection against the daily onslaught of dietary beverages and foods.

The table below shows the pH of many common foods and drinks. The lower the pH, the higher the acidity and therefore the higher the risk of erosion.

Lemon Juice	2.0 - 2.6
Wine	2.3 - 3.8
Sports Drinks	2.3 - 4.4
Cola	2.4 - 2.5
Coffee	2.4 - 3.3
Vinegar	2.4 - 3.4
Mango Sours	1.6
Sour Spray	1.9
Coca Cola	2.6
Soda	2.7 - 3.5
Oranges	2.8 - 4.0
Plums	2.8 - 4.6
Iced Tea	2.9 - 3.0
Rhubarb Puree	2.8
Grapefruit	3.0 - 3.8
Strawberries	3.0 - 4.2
Blueberries	3.1 - 3.3
Apples	3.1 - 5.4
Slice Orange	3.1
Grapefruit Juice Fresh Squeezed	3.1
Grapefruit Juice	3.2
Vinegar	3.2
Dill Pickles	3.2 - 3.7
Orange Juice	3.3 - 4.2
Apple Sauce	3.4
Red Wine	3.4
Pineapple Juice	3.4
Apple Juice	3.5
Kiwi Fruit Juice Squeezed	3.6
Multivitamin Juice	3.6
Salad Dressing	3.6

White Wine	3.7
Tomatoes	3.7 - 4.9
Root Beer	3.8 - 4.0
Lemon Lime Soda	3.2 - 3.3
Diet Lemon Lime Soda	3.7 - 3.8
Vegetables	3.9 - 5.1
Dried Apricots	3.9
Vitamin C Effervescent Tablet	3.9
Seedless Raisins	4.0
Beer	4.0
Organic Bio Yogurt (Strawberry)	4.1
Yogurt Kiwi	4.1
Yogurt Lemon	4.1
Tea (Black)	4.2
Beetroot Juice	4.2
Carrot Juice	4.2
Sour Milk	4.2
Yogurt Natural	4.2
Yogurt Orange	4.2
Yogurt Drink Orange	4.3
Bananas	4.5 - 5.2
Carrot Sticks	5.0 - 5.3
Bread	5.0 - 6.2
Natural Cheese	5.1
Pears	5.7
Cheddar Cheese	5.9 - 6.0
Strawberry Flavored Milk	6.4
Milk	6.4 - 6.8
Eggs	6.6
Whole Milk	6.7
Water	7.3



References: Laboratory tests, Dr John Ruby, University of Alabama, Birmingham School of Dentistry, 2007. • Jain, Pet al. Commercial Soft Drinks: pH and *in vitro* dissolution of enamel. General Dentistry 2007; 55(2): 167-168. • Data on File (GSK Market Research Data). • The Story of Dentin Hypersensitivity: Etiology, Diagnosis and Management. Module One. GlaxoSmithKline; August 2005. • Lussi, A & Jaeggi, T. Chemical factors. In Lussi, A (ed.) Dental Erosion. Pp 77-87 Basel: Karger, 2006. • Milosevic, A. Sports drinks hazard to teeth. British Journal of Sports medicine 1997; 31:28-30.

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Ask your dentist or hygienist for more information on acid erosion.