

ACID + SUGAR = TROUBLE (DECAY OF TEETH)				
Regular Soda contains both sugar and acid that can cause cavities.				
Diet soda and flavored waters are sugar free, BUT they still contains harmful acid				
Beverage	PH of Acid	Sugar Amount	DID YOU KNOW?	
		per 12 ounce can		
				* 1 out of 4 beverages drank today is soda
Pure Water	7		0	
Diet 7Up	3.67		0	* People are not drinking HEALTHY drinks - MILK
Sprite	3.42	9.0 teaspoons of sugar	0	
Diet Dr. Pepper	3.41		0	*Drinking soda has been linked to: DIABETES,
Dr. Pepper	2.92		0	OBESITY, KIDNEY STONES, HEART DISEASE,
Diet Coke	3.39		0	AND OSTEOPOROSIS (weak bones)!
Coca-Cola	2.53	9.3 teaspoons of sugar		
Diet Mountain Dew	3.34		0	*When your child has not brushed for 2 days
Mountain Dew	3.22	11 teaspoons of sugar		their teeth are decaying for 4 hours after
Minute Maid Grape soda	3.29	11.9 teaspoons of sugar		eating or drinking sugar products.
Orange Slice	3.12	11.9 teaspoons of sugar		
Diet Pepsi	3.05		0	*The entire time your child is awake their
Pepsi	2.49	9.8 teaspoons of sugar		teeth are ROTTING if they have not brushed
Nestea	3.04	5 teaspoons of sugar		thoroughly or flossed within the last 48 hours.
Surge	3.02			
Gatorade	2.95	3.3 teaspoons of sugar		
Hawaiian Fruit Punch	2.82	10.2 teaspoons of sugar		
Minute Maid Orange Soda	2.8			
Battery Acid	1		0	
The lower the acid level the worse it is for teeth!				