

Drinks That Eat Teeth

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| Drink | Acid (pH) | Sugar (tsp in 12 oz) | Caffeine (grams) | Calories (in 12 oz) |
|-------------------------|--|----------------------|------------------|---------------------|
| Battery Acid | 1.00 | 0 | 0 | 0 |
| Stomach Acid | 2.00 (as low as 1.0 with projectile vomiting) | 0 | 0 | 0 |
| Lime Juice | 2.00-2.35 | | | |
| Lemon Juice | 2.00-2.60 | | | |
| Cranberry Juice, canned | 2.30-2.52 | | | |
| Vinegar | 2.40-3.40 | | | |
| Sunny Delight | 2.40 | 6.3 | 0 | 0 |
| Gatorade Clear | 2.40 | 5.5 | 0 | 0 |
| Pepsi | 2.49 | 9.8 | 37 | 150 |
| Country Time Lemonade | 2.50 | 5.4 | 0 | 0 |
| SoBe Sugarfree Tropical | 2.50 | 0 | 0 | 0 |
| RC Cola | 2.50 | 0 | 0 | 0 |
| Cherry Coke | 2.52 | 8.9 | 34 | 0 |
| Coke Classic | 2.53 | 9.3 | 34 | 140 |
| SoBe Strawberry-Grape | 2.60 | 6.5 | 0 | 0 |
| Capri Sun | 2.60 | 5.5 | 0 | 0 |
| Orange Crush | 2.70 | 10.5 | 0 | 0 |
| Hi-C Blast Fruit Punch | 2.70 | 5.5 | 0 | 0 |
| Tang | 2.70 | 5.1 | 0 | 0 |
| Hi-C Lemonade | 2.70 | 5.5 | 0 | 0 |
| Extran | 2.74 | | 0 | 60 |
| Powerade | 2.75 | 15 grams | 0 | 115 |
| Orange Minute Maid | 2.80 | 11.2 | 0 | 180 |
| Mellow Yellow | 2.80 | 10.1 | 51 | 0 |
| Diet Cherry Coke | 2.80 | 0 | 34 | 0 |
| Welch's White Grape | 2.80 | 7.8 | 0 | 0 |
| Mr. Pibb | 2.80 | 0 | 40 | 0 |
| Hawaiian Fruit Punch | 2.82 | 10.2 | 0 | |
| Squirt | 2.85 | 9.5 | | |
| Lipton Brisk | 2.87 | 7 | 9 | 0 |
| Upside Down 7-Up | 2.90 | 6.3 | 0 | 0 |

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|---------------------------------|-----------|----------|-------|-----|
| Grapefruit Juice, canned | 2.90-3.25 | | | |
| Cranberry Juice, white | 2.90 | 5.5 | 0 | 0 |
| Dr. Pepper | 2.92 | 9.5 | 40 | 160 |
| Gatorade | 2.95 | 5.5 | 0 | 75 |
| Nestea Sweetened Lemon Iced Tea | 2.97 | 9 | 16.6 | 0 |
| Grapefruit Juice | 3.00 | 35 grams | 0 | 150 |
| Diet Rite, white grape | 3.00 | 0 | 0 | 0 |
| Kool-Aid Jammers, cherry | 3.00 | 5.1 | 0 | 0 |
| Sierra Mist | 3.00 | 5.5 | 0 | 0 |
| Surge | 3.02 | 10 | 51 | 170 |
| Nestea | 3.04 | 5 | 11-26 | |
| Pepsi One | 3.05 | 0 | 36 | 1.5 |
| Vinegar, cider | 3.10 | | | |
| Diet Code Red Mountain Dew | 3.10 | 0 | 0 | 0 |
| Pepsi Blue | 3.10 | 5.7 | 0 | 0 |
| V8 Splash Berry Blend | 3.10 | 5.5 | 0 | 0 |
| Orange Slice | 3.12 | 11.9 | | |
| Dole, orange strawberry banana | 3.20 | 6.3 | 0 | 0 |
| Fresca | 3.20 | 0 | 0 | 0 |
| Propel | 3.20 | 0.4 | 0 | 0 |
| Snapple Tea | 3.20 | 7.6 | 31.5 | 0 |
| Snapple Tea Diet | 3.20 | 0 | 0 | 0 |
| Twist Up | 3.20 | 5.5 | 0 | 0 |
| Mountain Dew | 3.22 | 11 | 55 | 165 |
| Grape Minute Maid | 3.29 | 11.9 | 0 | |
| Pineapple Juice, canned | 3.30-3.60 | | | |
| Orange Juice, Florida | 3.30-4.15 | | | |
| Orange Juice, California | 3.30-4.19 | | | |
| Diet Mountain Dew | 3.34 | 0 | 55 | |
| Sherry, wine | 3.37 | | | |
| Diet Coke | 3.39 | 0 | 45 | |
| Dole, pineapple juice | 3.40 | 5.7 | 0 | 0 |
| Apple Juice | 3.40 | 4.8 | 0 | 0 |
| Diet Dr. Pepper | 3.41 | 0 | | |

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|------------------------|-----------|------|------|-----|
| Sprite | 3.42 | 9 | 0 | 140 |
| Plum Nectar | 3.45 | | | |
| Ultima | 3.50 | | | 15 |
| Juice Juice | 3.50 | 4.6 | 0 | 0 |
| Tea, iced | 3.50 | 0 | 70.6 | 0 |
| Tropicana Sprite Remix | 3.50 | 5.5 | 0 | 0 |
| Diet 7-Up | 3.67 | 0 | 0 | |
| Cytomax | 3.79 | | | 75 |
| Accelerade | 3.86 | 4.4 | 0 | 120 |
| Enervit G | 3.88 | 8.9 | 0 | 81 |
| Powerbar Endurance | 3.89 | 0 | 0 | 105 |
| Vegetable Juice | 3.90-4.30 | | | |
| Prune Juice | 3.95-3.97 | | | |
| Dad's Root Beer | 4.00 | 9.7 | 0 | |
| Pear Nectar | 4.03 | 0 | 0 | |
| Milk, Acidophilus | 4.09-4.25 | | | |
| Tomatoes, juice | 4.10-4.60 | | | |
| A&W Crème Soda | 4.20 | 9.7 | 29 | |
| Gu20 | 4.29 | | | 75 |
| A&W Root Beer | 4.30 | 0 | 0 | |
| Buttermilk | 4.41-4.83 | | | |
| E load | 4.50 | | | 216 |
| Diet Barq's | 4.55 | 0 | | |
| Barq's | 4.61 | 10.7 | 22 | |
| Emend | 4.95 | | | |
| Milk, sour, fine curd | 4.70-5.65 | | | |
| Milkfish | 5.30 | | | |
| Guava Nectar | 5.50 | | | |
| Brewed Coffee | 5.51 | | 203 | |
| Instant Coffee | 5.50 | | 143 | |
| Milk, evaporated | 5.90-6.30 | | | |
| Alo Juice | 6.00-6.80 | | | |
| Milk, condensed | 6.33 | | | |
| Milk, cow | 6.40-6.80 | | | |
| Milk, goat | 6.48 | | | |
| Chrysanthemum Drink | 6.50 | | | |
| Coconut Milk | 6.10-7.00 | | | |
| Milk, 2% | 6.80 | 3.5 | 0 | |
| Milk, skim | 6.80 | 3.5 | 0 | |
| Water | 7.00 | 0 | 0 | 0 |
| Soybean Milk | 7.00 | | | |
| Milk, peptonized | 7.10 | | | |
| Wax Gourd Drink | 7.20 | | | |

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| Tea, brewed | 7.20 | 0 | 70.6 | |
| Tea | 7.20 | | | |
| 7-Up | | 9.3 | 0 | 140 |
| Kick | | | 57 | |
| Ocean Spray 100% Cranberry Juice | | 35 grams | 0 | 180 |
| Schweppes Ginger Ale | | 22 grams | | |
| Starbuck's Latte | | 9.5 grams | | |
| Snapple | | | 4.5-31.5 | |
| Sunkist Diet Orange Soda | | | 42 | |
| Sunkist Orange Soda | | 35 grams | 41 | |
| TAB | | | 45 | |
| Honest Tea Peach Oo-la-long | | 4.5 | | 60 |
| Fizzy Lizzy Grape | | 29 grams | 0 | 120 |
| Jones Soda Co. Green Apple | | 11.5 | | 180 |
| Sweet Leaf Raspberry Sweet Tea | | 6.375 | | 105 |
| Spark Mandarin- Carrot Juice | | 10.5 | | 180 |
| Minute Maid Apple Juice | | 10 | | 165 |
| Original Arizona Iced Tea | | 9 | | 135 |
| The Switch Black Cherry | | 9 | | 180 |