

## Drinks That Eat Your Teeth

Drink	Acid (pH)	Sugar (tsp in 12oz)	Caffeine (grams)	Calories (in 12oz)
Battery Acid	1.00	0	0	0
Stomach Acid	2.00	0	0	0
Lime Juice	2.00	0	0	1
Lemon Juice	2.20	0	0	12
Cranberry Juice	2.30	11	0	205
Gatorade-Clear	2.40	5.5	0	75
Sunny Delight	2.40	6.3	0	120
Vinegar	2.40	0	0	3
Pepsi	2.49	9.8	37	150
Lemonade (Country Time)	2.50	5.4	0	90
RC Cola	2.50	0	0	160
SoBo Tropical Sugarfree	2.50	0	0	0
Coke-Cherry	2.52	8.9	34	150
Coke-Classic	2.53	9.3	34	140
Capri Sun	2.60	5.5	0	200
SoBe Strawberry-Grape	2.60	6.5	0	60
Fruit Punch (Hi-C Blast)	2.70	5.5	0	150
Lemonade (Hi-C)	2.70	5.5	0	210
Orange Crush	2.70	10.5	0	240
Tang	2.70	5.1	0	180
Powerade	2.75	4	0	115
Coke-diet,Cherry	2.80	0	34	0
Grape Juice White (Welch's)	2.80	7.8	0	240
Mellow Yellow	2.80	10.1	51	177
Mr. Pibb	2.80	0	40	150
Orange Soda (Minute Maid)	2.80	11.2	0	180
Fruit Punch (Hawaiian)	2.82	10.2	0	120
Squirt	2.85	9.5	0	0
Tea-iced (Lipton Brisk)	2.87	7	9	50
7 up-Upside Down	2.90	6.3	0	200
Cranberry Juice-White	2.90	5.5	0	175
Dr Pepper	2.92	9.5	40	160
Gatorade	2.95	5.5	0	75
Tea-iced (Lemon sweetened Nestea)	2.97	9	16.6	90
Ginger Ale (Canada Dry)	3.00	8.25	0	120
Grape White (Diet Rite)	3.00	0	0	0
Grapefruit Juice	3.00	8.75	0	150
Kool-Aid Jammers-Cherry	3.00	5.1	0	160
Sierra Mist	3.00	5.5	0	140
Surge	3.02	10	51	170
Tea-Green (Nestea)	3.04	5	11-26	120
Pepsi One	3.05	0	36	1.5
Mountain Dew-diet, Code Red	3.10	0	0	0
Pepsi-Wild Cherry	3.10	5.7	0	240
V8 Splash-Berry Blend	3.10	5.5	0	105
Vinegar, cider	3.10	0	0	0
Fresca	3.20	0	0	0
Orange Strawberry Banana (Dole)	3.20	6.3	0	180
Propel	3.20	0.4	0	0
Tea-iced (Snapple)	3.20	7.6	31.5	120
Tea-iced (Diet Snapple)	3.20	0	0	0

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Twist Up	3.20	5.5	0	160
Mountain Dew	3.22	11	55	165
Grape Soda (Minute Maid)	3.29	11.9	0	150
7up	3.30	9.25	0	153
Wine-Pinot Blanc	3.30	0	0	286
Wine-Merlot	3.30	0	0	293
Pineapple Juice	3.30	5.7	0	180
Orange Juice (Florida)	3.30	8.25	0	160
Mountain Dew-diet	3.34	0	55	0
Wine-Sherry	3.37	0	0	570
Coke-diet	3.39	0	45	0
Apple Juice	3.40	4.8	0	180
Red Bull	3.40	9.75	114	172
Wine-California Chardonnay	3.40	0	0	228
Dr Pepper-diet	3.41	0	0	0
Sprite	3.42	9	0	140
Juicy Juice	3.50	4.6	0	168
Ultima	3.50	0	0	15
7up-diet	3.67	0	0	0
Wine-Cabernet Sauvignon	3.68	0	0	293
Cytomax	3.79	3	0	75
Accelerade	3.86	4.4	0	120
Enervit G	3.88	8.9	0	81
Powerbar Endurance	3.89	0	0	105
Beer-domestic	3.90	0	0	145-165
Vegetable Juice	3.90	0	0	68
Prune Juice	3.95	0	0	270
Root Beer (Dad's)	4.00	9.7	0	165
Pear Nectar	4.03	0	0	225
Tomatoe Juice	4.10	3.5	0	60
Crème Soda (A&W)	4.20	9.7	29	180
Root Beer (A&W)	4.30	0	0	180
Buttermilk	4.41	6	0	180
E Load	4.50	6.75	0	216
Root Beer-diet( Barq's)	4.55	0	0	0
Root Beer (Barq's)	4.61	10.7	22	160
Emend	4.95	5	0	81
Coffee-instant	5.50	0	143	6
Guava Nectar	5.50	8	0	180
Tea-iced unsweetened	5.50	0	70.6	0
Coffee-brewed	5.51	0	203	7
Milk-evaporated	5.90	9.95	0	510
Aloe Juice	6.00	0	0	60
Milk-condensed	6.33	62	0	1560
Milk-whole	6.40	4.75	0	220
Milk-2 o/o	6.80	3.5	0	180
Milk-skim	6.80	3.5	0	135
Ensure Plus	7.00	10.8	0	525
Milk-Soybean	7.00	3	0	105
Water	7.00	0	0	0