

Acidity (pH) of drinks

How do they stack up?

Choosing sugar free drinks does not protect you from tooth acid erosion.

Read the nutrition label. Look out for food acids (196, 330, 331, 338)



Soft drink
pH 2.3 - 3



Energy drink
pH 2.6 - 3.6



Sport drink
pH 2.7 - 3.1



Flavoured water
pH 3.0 - 3.8



Wine
pH 3.0 - 3.9



Orange juice
pH 3.6



Milk
pH 6.7



Water
pH 7.0

The lower the pH, the stronger the acid

