

## Did you know- HIDDEN SUGARS

	Sugar amount per 12 ounce serving (1 Can)	Acid (pH) level Lower number- bad for teeth!!
Mountain Dew	11.1tsp.	2.80
Minute Maid Orange Soda	11.2tsp.	2.80
Barq's root beer	10.7tsp.	4.61
Juicy-Juice(Berry)	9.75tsp	3.40
Lowfat Chocolate Milk	9.38tsp	N/A
Strawberry Milk	9.38tsp	N/A
Dr. Pepper	9.64tsp	2.92
Pepsi	9.64tsp.	2.43
Coca-Cola	9.64tsp.	2.30
Red Bull Energy drink	9.29tsp	3.10
Sprite	9.29tsp	2.90
2% Chocolate Milk	8.9tsp	N/A
Nestea	6.07tsp	3.04
Powerade	5.36tsp	2.63
Gatorade(lemon-lime)	5.0tsp	2.83
Whole White milk	4.0tsp	N/A
Skim Milk	3.0tsp	N/A
Propel (berry)	.71tsp	3.02
<b>Battery Acid ( YIKES )</b>	<b>0</b>	<b>1.00 ( VERY ACIDIC )</b>
Diet Coke	0	2.70
Diet Pepsi	0	2.77
Diet Mountain Dew	0	2.95
Diet Sprite	0	3.17
Fresca	0	3.20
Diet Dr.Pepper	0	3.41
Coffee	0	5.00
WATER	0	7.00 <b>( BEST CHOICE!!!!!! )</b>

A normal mouth has a pH of 6.3 to 7, which is close to neutral with no damage done to teeth. Tooth enamel begins to de-mineralize (dissolve) at pH levels below 5.5. Enamel is the hardest substance in the body, but it becomes porous and soft when exposed to acid. Enamel erosion is extremely harmful because it weakens the tooth and makes it prone to decay.

Soda and other drinks have lots of refined sugar, bacteria in the mouth process the sugar and produce acid. This acid, plus the acid already present in the drink, demineralizes your tooth enamel. Tooth decay (cavities) begins when enamel is weakened.

**Each acid attack lasts about 20 minutes and each sip you take resets the clock!**

Remember, Diet or "sugar Free" may not have sugar but has acid.