

Acidic drinks guide....

If you drink acidic drinks frequently, you are at risk of eroding the enamel on your teeth and causing dental decay. To minimise any possible damage limit your intake of acidic drinks. pH 7 is neutral. Any figure lower than this is acidic. The lower the number the more acidic, and therefore, damaging the drink may be.

- ✓ Try to drink mainly still water if possible.
- ✓ Dilute fresh fruit juices/diluting juices as much as possible.
- ✓ Try and limit fizzy juices/herbal teas and other drinks below pH 3.9 to one glass/can per day if possible.
- ✓ Do not clean your teeth straight after drinking acidic drinks (Preferably wait 1/2 an hour).
- ✓ There is some evidence to suggest that chewing sugar free gum helps your mouth neutralise acids quicker and may, therefore, minimise any damage done.

Type of Drink

Ph Level

carbonated drinks (Sugar and Sugar free) Lemonade/orangeade/Cola etc	2.7 - 3.2
diluting juices Sugar free whole orange drink	3.1 - 3.7
fruit drinks Apple/Orange/Pineapple etc Pure fruit juice for babies	3.2 - 3.7 3.2
herbal teas Apple and Pineapple Orchard, mixed fruit Rosehip and Hibiscus	3.0 - 3.2
mineral water (pH dependent on source) Still Sparkling	7.6 5.4
beverages Unsweetened Tea/coffee Cow's milk	5.9 - 6.3 6.9
miscellaneous Lager/bitter Shandy Cider Red wine Sparkling Grape juice	4.0 3.2 3.2 2.5 3.2

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Monday 09:00 - 18:30
Tuesday 08:30 - 18:00
Wednesday 09:00 - 18:00
Thursday 08:00 - 18:00
Friday 09:00 - 17:00

Please note that the practice is closed
between 13:00 - 14:00 daily

