

# 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

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		

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			

Tea, brewed	7.20	0	70.6	
Tea	7.20			