

Sour Candy and Soft Drinks WILL ROT YOUR TEETH!!

Over the past few years, a lot of research has been done on the adverse effects that high sugar content and low pH levels (high acidity) of popular candy treats and soft drinks have on your teeth. The following chart shows both the breakdown of both the sugar and the pH level (degree of acidity) of many of the more popular soft drinks and sour candies.

Keep in mind that 7.0 on the pH scale is neutral. Anything between 7.0 and 14.0 is alkaline and anything lower than 7.0 is acidic. **The acidity level of some of these treats approaches that of BATTERY ACID, which is 1.0!!**

The following two charts explain how the acidity eats away at your tooth enamel, leaving your teeth open to more decay- and it breaks down your bone tissue. It's not surprising that our kids are having more dental and bone problems with the acidity level of some of these drinks and sour treats.

In addition, anyone with sensitive teeth is fighting a losing battle if they continue to consume these soft drinks and sour treats. However, when you do consume these, here are a couple of tips that you should be aware of:

If you consume soda or candy, do not brush your teeth immediately afterward. In the tooth's softened state, the enamel is more susceptible to further damage! Instead, rinse your mouth with water, milk or eat a piece of cheese to help minimize the acidity!

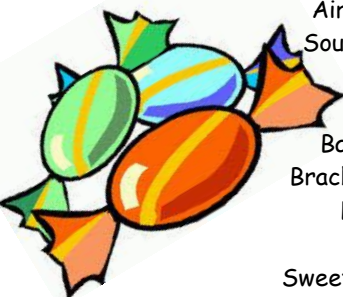
Stay away from sticky, chewy candies. Obviously, the longer the candy or soda stays in your mouth, the more damage it does. Suckers, taffy and soft, chewy candies only make the problem worse.

For better bone and dental health limit your family's consumption of these products!

You experience loss of tooth enamel with a pH of 4.0 and less

WATER (neutral): 7.0 Milk: 6.7, 3.5 tsp. sugar

Acid Levels in popular candies:	Acid pH (Low=Bad)	Acid Levels in Popular Drinks:	Acid pH (Low=Bad)	Sugar* Per 10 oz.
Spree	3.0	Barq's Root Beer	4.0	11 tsp.
Sour Gummy Bears	3.0	Minute Maid Orange Juice	3.8	9 tsp.
Gummy Vitamins	2.5	Grape/ Apple/ Cranberry Juice	3.4	15 tsp.
Airhead Extreme	2.5	Propel Fitness Water	3.4	1 tsp.
Sour Punch Straws	2.5	Red Bull	3.3	10 tsp.
Shockers	2.5	Sprite	3.3	10 tsp.
Skittles	2.5	Mountain Dew	3.3	12 tsp.
Baby Bottle Pop	2.5	Diet Coke	3.1	0 tsp.
Brach's Gummy Bears	2.5	Sierra Mist	3.1	10 tsp.
Laffy Taffy	2.5	Full Throttle Energy Drink	3.0	11 tsp.
Starburst	2.4	Diet Pepsi	3.0	0 tsp.
Sweet Tarts Shockers	2.4	Gatorade	2.9	10 tsp.
Lemon heads	2.4	Sunkist Orange Soda	2.9	13 tsp.
Mentos Fruit Chews	2.4	Dr. Pepper	2.9	10 tsp.
Sour Skittles	2.2	AMP- Mountain Dew	2.8	11 tsp.
Grape Nerds	2.0	SoBE Energy Soda	2.6	12 tsp.
Now and Later Chews	1.9	Minute Maid Lemonade	2.6	10 tsp.
Pixy Stix Powder	1.9	Pepsi	2.5	11 tsp.
Wonka Fun Dip	1.8	Diet Schweppes Tonic Water	2.5	0 tsp.
Warheads Sour Spray	1.6	Coca-Cola Classic	2.4	10 tsp.



Battery Acid: 1.0

THIS IS WHY WE ARE OVERWORKED!!!!

*1 tsp. = 4 grams of sugar

Source: Dr. John Ruby, University of Alabama Birmingham school of Dentistry 2007 Copyright, Minnesota Dental Association. All Rights Reserved