Dental Erosion and the pH of Your Favourite Drinks!

(Adults)

Community Dental Services

7 **Tap water**

6 **Milk**

Tea

5 **Water infused with strawberries**

Black coffee

4 **Beer**

Sparkling water

Water infused with lemon

Tooth enamel dissolves below 5.5pH

3 **Orange juice**

Diet cola

Wine

2 **Sports/Energy drinks**

Classic cola

1

GO

Safe to drink between meals

THINK

Keep acidic foods and drinks to meal times only and limit the frequency of consumption

STOP

Consume as an occasional treat and only with a meal

Our Values: TRUST, KINDNESS, LISTENING

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