

How Low Can You Go?

Beverages with a pH of 4 or less are acidic enough to erode tooth enamel if you drink them without food. Here's the pH of a sampling of drinks that researchers have tested.

Beverage	pH
Tap water	6.5–8.5
Milk	6.6–6.8
Perrier Sparkling Mineral Water	5.3
Canada Dry Club Soda	5.2
Starbucks Medium Roast Coffee	5.1
Unsweetened black tea	4.9
Beer (ale or lager)	3.8–4.2
Sparkling water	3.0–4.0
Wine (red or white)	2.9–3.9
Tropicana Orange Juice	3.8
Tropicana Apple Juice	3.5
Mountain Dew or Sprite	3.2
Coca-Cola	2.4

Sources: US EPA, *Modern Food Microbiology* (7th Ed.), *Agric. Food Chem.* 2016. doi:10.1021/acs.jafc.6b03013, *J. Am. Dent. Assoc.* 2016. doi:10.1016/j.adaj.2015.10.019, *Br. Dent. J.* 190: 374, 2001.