ACIDITY OF DRINKS

Acid breaks down the outer layer (enamel) of your teeth and can lead to holes (cavities).



NEUTRAL (pH 7)

ACID STARTS TO BREAK DOWN ENAMEL (pH 5.5)

STRONGLY ACIDIC

Drinks with pH lower than 5.5 are very acidic, which means they have the potential to damage tooth enamel. This can lead to tooth decay. This includes natural sugars, diet, sugar free and 'zero' options as well.

Choose plain milk and water to drink and enjoy a range of unsweetened whole foods EVERYDAY

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