

Dental Erosion and the pH of Your Favourite Drinks!

(Children)

Community
Dental
Services

7 Tap water



6 Milk

5

Milkshake

Tooth enamel
dissolves
below 5.5pH

4 Sparkling water

Water infused with lemon

3 Orange juice
Sugar free flavoured water
Diet cola
No added sugar squash

2 Sports/Energy drinks
Classic cola
Hydration drink (lemon and

1 lime)



GO

Safe to drink
between meals



THINK

Keep these drinks to
meal times only and have
as an occasional treat



STOP

Avoid where
possible. If
consumed, make
sure you have these
with a meal.

