

Are you washing away your teeth?



- When acids come in contact with your teeth the enamel and dentine can be softened and dissolved – this is called Dental Erosion
- This can also speed up tooth loss due to wear.
- Many drinks are acidic and should be consumed in moderation.
- Early signs include a glazed appearance or a yellowing of the tooth surface.
- Do you show signs of erosion?
- If you regularly consume any of the acidic drinks below speak to your dentist!

Prepared by the ADAVB Oral Health Education Committee for Dental Health Week 2010

SEVERE EROSION



MODERATE EROSION



MILD EROSION



HEALTHY TEETH



| pH | Example | Acid content of popular drinks (Source: Choice, July 2010) |
|----|---------------------|--|
| 1 | Stomach acid | |
| 2 | Lemon Juice | 2.45 Pepsi 2.53 Coca-Cola 2.80 Cottee's Lemon Crush Fruit Cordial 2.85 Cottee's Diet Cordial No Added Sugar 2.85 Pepsi Max 2.90 Sunnyboy Glug Cola |
| 3 | Vinegar | 3.00 Glaceau Vitamin Water Triple-X 3.07 Staminade Lemon Lime Fusion 3.07 Coca-Cola Zero 3.09 Fanta Orange 3.14 Pop Tops Apple Blackcurrant Drink 3.36 Gatorade Fierce Grape 3.46 V Energy 3.50 V Energy Sugar free 3.50 Golden Circle Sunshine Punch Fruit Drink 3.51 Red Bull Energy Drink 3.61 Golden Circle Juice No Added Sugar |
| 4 | Tomato Juice | 4.04 Berri Low Acid Orange Juice |
| 5 | Rain Water | |
| 6 | Milk | 6.70 Sanitarium Up & Go Liquid Breakfast Banana & Honey |
| 7 | Pure Water | |

← Drinks from pH 1 to 5 can cause dental erosion