

SUGAR + ACID = DOUBLE TROUBLE



	Acid* (Low = Bad)	Sugar** = Per 12 oz serving (1 can)
Pure Water	7.00 (neutral)	0.0
Barq's Root Beer	4.61	10.7 tsp.
Diet Barq's Root Beer	4.55	0.0
Sprite	3.42	9.0 tsp.
Diet 7Up	3.67	0.0
Coke	2.53	9.3 tsp.
Diet Coke	3.39	0.0
Pepsi	2.49	9.8 tsp.
Diet Pepsi	3.05	0.0
Dr. Pepper	2.92	9.5 tsp.
Diet Dr. Pepper	3.41	0.0
Mountain Dew	3.22	11.0 tsp.
Diet Mountain Dew	3.34	0.0
Minute Maid Grape Soda	3.29	11.9 tsp.
Minute Maid Orange Soda	2.80	11.2 tsp.
Orange Slice	3.12	11.9 tsp.
Nestea	3.04	5.0 tsp.
Gatorade	2.95	3.3 tsp.
Squirt	2.85	9.5 tsp.
Hawaiian Fruit Punch	2.82	10.2 tsp.
Fresca	3.20	0.0
Battery Acid	1.00 (ouch!)	0.0

* Laboratory Tests, University of Minnesota School of Dentistry, 2000

** USDA: 4.2 grams = 1 teaspoon sugar