

*The average American today drinks over
600 servings of pop a year.*

Product	Acid Low=BAD	Sugar per 12 oz
Pure Water	7.00 (neutral)	0.0
Barq's	4.61	10.7 tsp.
Diet Coke	3.39	0.0
Mountain Dew	3.22	11.0 tsp.
Gatorade	2.95	3.3 tsp
Coke Classic	2.63	9.3 tsp.
Pepsi	2.49	9.8 tsp.
Sprite	3.42	9.0
Diet 7-Up	3.67	0.0
Diet Dr. Pepper	3.41	0.0
Surge	3.02	10.0
Gatorade	2.95	3.3
Hawaiian Fruit Punch	2.82	10.2
Orange Minute Maid	2.80	11.2
Dr. Pepper	2.92	9.5
BATTERY ACID	1.00	0.0
Source: Minnesota Dental Association	Enamel Begins to dissolve at 5.5 pH	

The acid in regular and diet pop has the potential to contribute to enamel breakdown and when combined with sugar can contribute to rampant decay!

Regular pops provide between 150-180 calories per 12 oz. can. Current dietary recommendations for added simple sugar are 10% of total energy.

***One can of regular pop per day
contains the maximum recommended intake of sugar a day!***