

Chestnut Dental

tooth Erosion

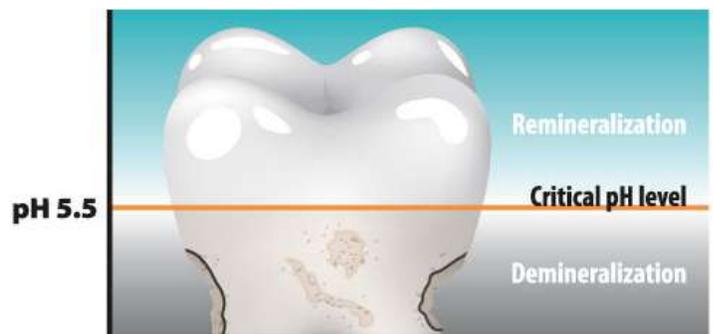
acidic food and beverages
diet coke
phosphoric and citric acid
citrus fruits
acid
pH
common drinks
wine
sugar-free soft drinks
coke

Tooth Erosion : Get the Facts

It is well known that sugary foods and snacks can lead to cavities. Did you know that beverages like soda, juice, sports drinks, energy drinks and vitamin waters can also damage your teeth? These drinks contain high amounts of sugar and acid. Even when these common drinks are available in sugar free options, these drinks still contain acid. Acid can weaken the enamel on your teeth and cause tooth erosion. Once the pH in your mouth is less than 5.5 that creates an acidic environment where the enamel can be damaged leading to tooth erosion, cavities, discoloration, and sensitivity. Once the damage is done, it is irreversible.

Acids are also found in many foods you eat too such as: citrus fruits (lemons, oranges, limes), tomatoes,

pickles, soda, juice, wine, and coffee. Saliva plays an important role in protecting the teeth by diluting and neutralizing the acids. Saliva also helps to remineralize the teeth and is a natural defense to reduce exposure to the acids. However, if you continually expose your teeth to the acids by frequent sipping, then you never give your saliva the chance to reharder the enamel.



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How to Prevent Tooth Erosion

Limit intake of acidic food and beverages. You can determine this by reading the labels and avoid drinks with “phosphoric and citric acid”. While avoiding the beverages is the best way to prevent damage, there are several ways to reduce the risk of

tooth erosion if you do decide to indulge in them. Common ways to reduce this risk include: drinking from a straw to limit the liquid from touching your teeth, consume the beverage quickly to avoid prolonged exposure to the acids, rinsing your mouth out

after with water as soon as possible, chewing sugar-free gum to stimulate saliva flow, and avoid brushing your teeth for 30 minutes to avoid brushing away softened enamel.

Acidity and Sugar Content of Common Beverages

Acidity of Beverages

- Pure Water: pH 7
- Milk: pH 6.8
- Enamel Dissolution: pH 5.5
- Coffee and milk : pH 5.3
- Black coffee: pH 5
- Seltzer Water: pH 3.5
- Orange Juice: pH 3.5
- Diet Coke: pH 3.28
- Mountain Dew: pH 3.22
- Diet Dr. Pepper: pH 3.16
- Vitamin Water: pH 3.1
- Lemon Nestea: pH 2.97
- Gatorade: pH 2.92
- Lemon Brisk: pH 2.86
- Coke Classic: pH 2.53
- Cherry Coke: pH 2.50
- Lemonade: Ph 2.50

More



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