


How acidic is your diet?

Experts believe that consuming as few as 4 acidic foods or drinks a day increases the risk of acid wear^{1,3}.

Are you at risk?

Lemon Juice ⁴	2.0 – 2.6	Orange Juice ⁶	3.7
Wine ⁵	2.3 – 3.8	Honey ⁴	3.9
Sports Drinks ⁵	2.3 – 4.4	Tomato Ketchup ⁴	3.9
Tonic Water ⁶	2.5	Seedless Raisins ⁴	4.0
Oranges ⁵	2.8 – 4.0	Beer ⁵	4.0 – 5.0
Strawberries ⁵	3.0 – 4.2	Buttermilk ⁶	4.2
Grapefruit ⁶	3.1 – 3.2	Yogurt Natural ⁶	4.2
Apple Sauce ⁶	3.4	Eggs ⁴	6.6
Apples ⁵	3.5 – 3.9	Whole Milk ⁵	6.7
Salad Dressing ⁶	3.6	Water ⁵	7.3



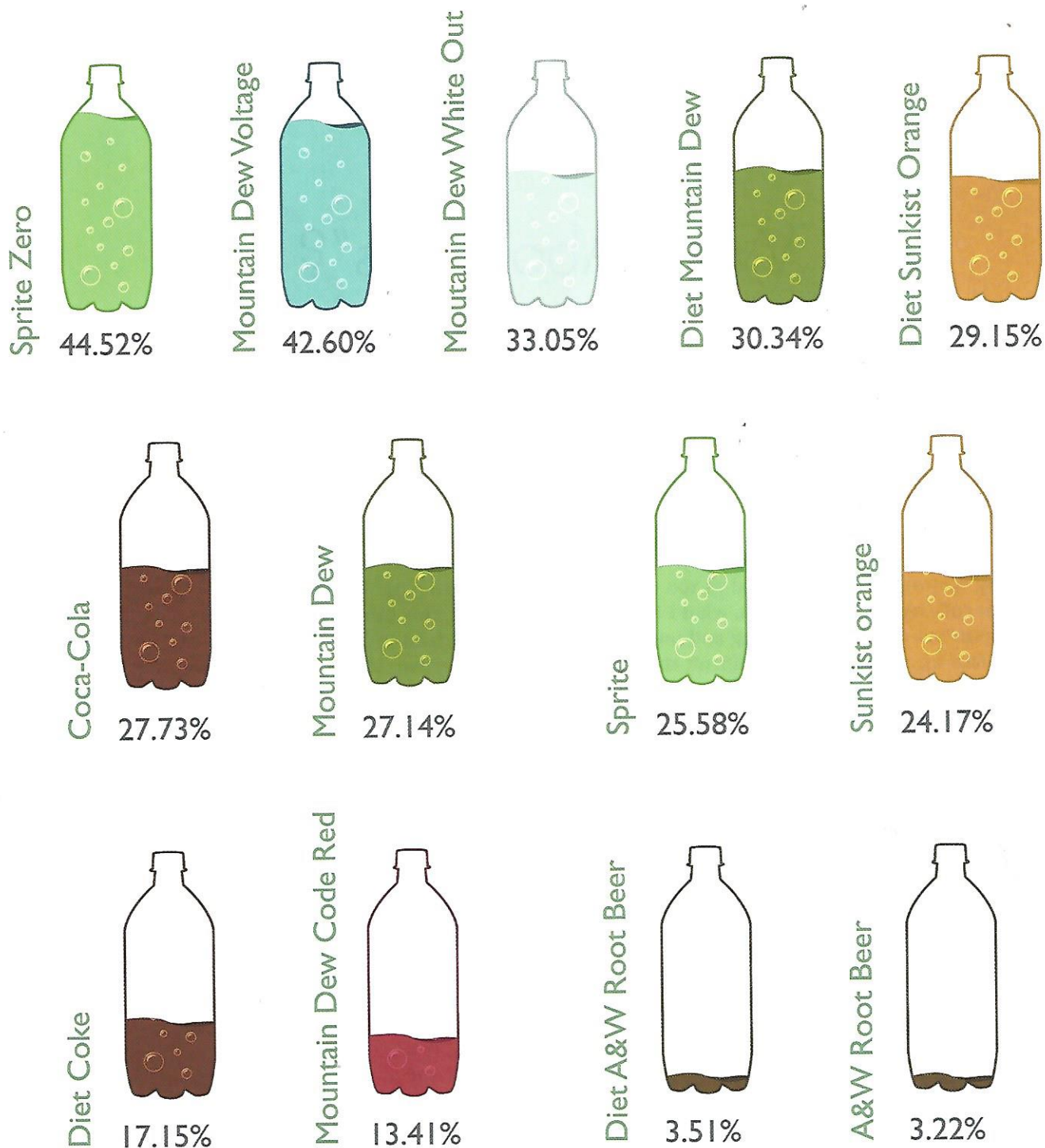
You might think that's a lot – but as the pH chart above shows, a surprising number of foods are acidic. Even healthy foods and drinks like fruit and juices can have harmful levels of acidity.

The lower the pH, the higher the acidity and therefore the higher the risk that it may cause acid erosion.

Studies show that tooth enamel begins to dissolve at a pH below 5.5 – many of the foods on this list are more acidic than this.

Be sure to talk to your dental professional about your diet, acid wear and using ProNamel® Toothpaste

Mean difference at 20 days (%)



REFERENCES

1. Salas, M.M.S., et al, 2015. "Estimated Prevalence of Erosive Tooth Wear in Permanent Teeth of Children and Adolescents: An Epidemiological Systematic Review and Meta-Regression Analysis." *Journal of Dentistry*, 43(1), pp.42-50.
2. Salas, M.M.S., et al, 2015. "Diet Influenced Tooth Erosion Prevalence in Children and Adolescents: Results of a Meta-Analysis and Meta-Regression." *Journal of Dentistry*, 43(8), pp.865-875.
3. Gravelle, B.L., et al, 2014. "Soft Drinks and In Vitro Dental Erosion." *General Dentistry*, 63(4), pp.33-38.