

ACIDITY IN BEVERAGES

pH value 3–4

Energy drink, sweetened*
Cider, light
Cider, sweet*
Soft drink, light
Rose-hip tea
Soft drink, sweetened*
Juice drink, sweetened*
Flavoured water (cont. fructose and acids)*
Long drink*
Energy drink, light
Juice drink, light
Red wine, dry white wine
Orange juice*



pH value 4,5–5,5

Beer*
Buttermilk*
Coffee*
Flavoured tea



pH value more than 5,5

Flavoured water (only aromas, no acids)
Tea, green tea and herbal tea
Cocoa*
Milk
Water, mineral water



* Contains sugar which is harmful to teeth.

* Contains no harmful acids.