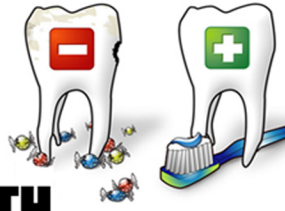


THE WORST FOOD AND DRINK FOR YOUR TEETH



Everyone knows that sugar is bad for your teeth, but acidic foods can cause just as many problems. Below is a list of common foods and drinks and how acidic (bad) or alkaline (good) they are.

Best for teeth	Neutral	Worst for teeth
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Food/Drink	Acidity Level
Almonds	Slightly alkaline
Apples	Slightly alkaline
Apricots	Slightly alkaline
Avocado	Moderately alkaline
Asparagus	Highly alkaline
Baking soda	Moderately alkaline
Bananas	Slightly alkaline
Beef	Highly acidic
Blueberries	Moderately alkaline
Broccoli	Highly alkaline
Brussel sprouts	Highly alkaline
Butter (salted)	Slightly acidic
Butter (unsalted)	Neutral
Cabbage	Highly alkaline
Cantaloupe	Slightly acidic
Carrots	Highly alkaline
Cashews	Moderately acidic
Cauliflower	Highly alkaline
Celery	Moderately alkaline
Cheese (hard)	Highly acidic
Cheese (soft)	Slightly acidic
Cherries	Moderately acidic
Chicken	Moderately acidic

Chocolate	Highly acidic
Coffee	Highly acidic
Cola	Highly acidic
Corn	Moderately acidic
Cranberries	Highly acidic
Cucumber	Highly alkaline
Dates	Slightly alkaline
Eggs	Slightly acidic
Fish	Slightly acidic
Flour (white)	Highly acidic
Grapes	Moderately alkaline
Honey	Slightly acidic
Ice cream	Highly acidic
Lamb	Highly acidic
Lemon juice	Highly acidic
Lentils	Slightly acidic
Lettuce	Moderately alkaline
Liquor	Highly acidic
Mango	Highly alkaline
Mayonnaise	Moderately acidic
Milk (soy)	Slightly alkaline
Mushrooms	Slightly alkaline
Oats	Moderately acidic
Olive oil	Neutral
Onion	Highly alkaline
Orange juice	Highly acidic
Oysters	Slightly acidic
Pasta	Highly acidic
Pastries	Highly acidic
Peaches	Slightly acidic
Peanuts	Highly acidic
Peas	Slightly alkaline

Pickles	Highly acidic
Pineapple	Slightly acidic
Pinto beans	Moderately acidic
Plums	Slightly acidic
Pork	Highly acidic
Potato (without skin)	Moderately acidic
Potato skins	Highly alkaline
Prunes	Highly acidic
Pumpkin seeds	Slightly acidic
Raspberries	Slightly acidic
Rice (brown)	Slightly acidic
Rice (white)	Moderately acidic
Soft drink	Highly acidic
Spinach (cooked)	Slightly acidic
Spinach (uncooked)	Highly alkaline
Sugar (brown)	Moderately acidic
Sugar (white)	Moderately acidic
Sweet potato	Moderately acidic
Tea (green)	Moderately alkaline
Tomatoes (cooked)	Moderately acidic
Tomatoes (uncooked)	Slightly alkaline
Tomato ketchup	Moderately acidic
Turkey	Moderately acidic
Vinegar	Highly acidic
Walnuts	Highly acidic
Water (bottle)	Slightly acidic
Water (tap)	Neutral
Watermelon	Slightly acidic
Wine	Highly acidic
Yoghurt	Slightly acidic
Zucchini	Moderately alkaline