



Christine E. Hansen, DDS
Roberta R. Jurash, DDS
Restorative & Cosmetic Dentistry

Food Acidity Index

Lemon Juice	2.0-2.6
Wine	2.3-3.8
Sport Drinks	2.3-4.4
Cola	2.4-2.5
Coffee	2.4-3.3
Vinegar	2.4-3.4
Mango Sours	1.6
Sour Spray	1.9
Coca Cola	2.6
Soda	2.7-3.5
Oranges	2.8-4.0
Plums	2.8-4.6
Iced Tea	2.9-3.0
Rhubarb Puree	2.8
Grapefruit	3.0-3.8
Strawberries	3.0-4.2
Blueberries	3.1-3.3
Apples	3.1-5.4
Slice Orange	3.1
Grapefruit fresh Juice Squeeze	3.1
Grapefruit Juice	3.2
Vinegar	3.2
Dill Pickles	3.2-3.7
Orange Juice	3.3-4.2
Apple Sauce	3.4
Red Wine	3.4
Apple Juice	3.5
Kiwi Fruit Juice Squeezed	3.6
Multivitamin Juice	3.6
Salad Dressing	3.6

White Wine	3.7
Tomatoes	3.7-4.9
Root Beer	3.8-4.0
Lemon Lime Soda	3.2-3.3
Diet Lemon Lime Soda	3.7-3.8
Vegetables	3.9-5.1
Dried Apricots	3.9
Vitamin C Effervescent Tablet	3.9
Seedless Raisins	4.0
Beer	4.0
Organic Bio Yogurt (Strawberry)	4.1
Yogurt Lemon	4.1
Tea (Black)	4.1
Beetroot Juice	4.2
Carrot Juice	4.2
Sour Milk	4.2
Yogurt Natural	4.2
Yogurt Drink Orange	4.3
Bananas	4.5-5.2
Carrot Sticks	5.0-5.3
Bread	5.0-6.2
Natural Cheese	5.1
Pears	5.7
Cheddar Cheese	5.9-6.0
Strawberry Flavored Milk	6.4
Milk	6.4
Eggs	6.6
Whole Milk	6.7
Water	7.3