

## MANAGING DENTAL PROBLEMS

<b>EROSIVE</b>	<b>pH</b>	<b>NON EROSIVE</b>	<b>pH</b>
<b>Fruit Juices</b>			
Orange	3.71	Fruche (yoghurt)	4.21
Infants' Blackcurrant	3.60	Buttermilk	4.36
Pineapple	3.27	Cream Cheese	4.72
Apple	3.27	Cottage Cheese	5.12
Blackcurrant	2.94	Mayonnaise	3.97
Lemon	2.66	Mustard	3.83
<hr/>		Strawberry Jam	3.51
<b>Wines</b>		Tomato Juice	3.98
Claret	3.39	Worcestershire Sauce	3.92
Riesling	3.15	Soy Sauce	4.77
Champagne	3.15	Tartare Sauce	3.51
<hr/>		Iron (Fe) tablets	5.64
<b>Soft Drinks</b>		Infants' Fruit Salad	3.71
Lemon Twist	3.03	Infants' Apple &	4.11
Diet Coke	3.24	Vanilla Yoghurt	
Sprite	3.05		
Fanta	2.85		
Coca Cola	2.48		
Pepsi	2.43		
Cordial (Lime)	2.96		
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<b>Other</b>			
Vitamin C tablets	3.25		
Vinegar	2.84		

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