

INFORMATION ON BEVERAGES – FROM A TOOTH-FRIENDLY PERSPECTIVE



Fluids are needed every day

An adult needs 1.5–2.5 litres of water per day. A part of it, approximately 8 dl, is obtained through food. In other words, 0.7–1.7 litres of liquids are needed, depending on the person's size. More water, up to 1.5 litres per hour, is needed when sweating e.g. due to heavy exercise or high temperature.

Beverages and dental health

Drinks may contain various acids. When the oral pH drops below 5.5, it always results in enamel erosion. The erosion is caused by e.g. malic acid, tartaric acid, acetic acid, and particularly citric acid. Light beverages are extremely acidic. Calcium-containing acidic beverages, such as fermented milks, are not harmful. Plain coffee or tea does not contain any acids that would cause dental erosion. The sugars in beverages cause tooth decay. Frequent drinking is also harmful to dental health. Water is the best thirst quencher.



Photo: Tero Sivula



DRINK	Nutritional content 1 dl contains e.g.	Acidity, pH	Recommended use	Comments
Milk	33 - 64 kcal 0 – 3,5 g fat	6,7	as part of a meal or a snack	a source of calcium (120 mg/dl)
Fermented milk	30 - 55 kcal 0 – 2,5 g fat	4,3 - 4,4	as part of a meal or a snack	a source of calcium (100-130 mg/dl)
Fruit juice/ pure juice	36 - 75 kcal 10 g fructose	3,4 - 4,2	as part of a break- fast or a snack, not for quenching thirst	
Fruit or berry drink	30 - 75 kcal 8 - 14 g fructose	2,1 - 4, 6	just like fruit, not for quenching thirst	fruit preferred
Juice with added sugar, from con- centration	30 - 40 kcal 7 - 10 g sugar	3,4 - 5,2	occasionally as part of a snack	
Light juice	0 kcal	3,0 - 3,8	seldom	
Cocoa/Chocolate	55 kcal, 2 g sugar 2 g fat	6 - 7	as part of a snack	
Coffee	0 kcal, without sugar	4,4 - 4,8		
Tea	0 kcal, without sugar	5,3		contains fluoride
Herbal tea	0 kcal, without sugar	2,6 - 3,9	only as part of a meal or a snack	lemon, rose hip and mallow <2.5
Soft drinks	35 - 50 kcal 9 - 10 g sugar	2,6 - 4,1	seldom, 1-2 times a week	
Light drinks	0 – 8 kcal aspartame	3,0 – 3,3	seldom, 1-2 times a week	
Energy drinks	50 - 55 kcal 11,5 - 15 g sugar	2,2 - 3,6	seldom	contain a large quantity of additives
Mineral waters	0 – 2 kcal	5,0 - 5,6	not for frequent use	contain salt, the acid is carbonic acid
Flavoured waters	0 – 2 kcal	3,0 - 5,2	not for frequent use	acidic flavour
Sports drinks	12 - 30 kcal 3 - 7 g sugar	2,8 - 3,9	during/after exer- cise	contain salt and dietary minerals
Beer	30-150 kcal	4,2	alcoholic beverage	the acid is carbonic acid
Cider	40 - 90 kcal 8 - 10 g sugar	3 - 4	alcoholic beverage	
Wines	50 - 170 kcal sugar	3 - 4	alcoholic beverage	
Strong alcohol	150 - 380 kcal sugar	3,1 - 6,5	alcoholic beverage	pure vodka and Koskenkorva pH 7
Water	0 kcal, 0 sugar	6,5 - 7,6	for quenching thirst, frequently	1.5-2 litres per day