

✓ Evidence Based



List Of Beverages That Contain Fluoride (Search 143+ Drinks)

by Casey J Krol

We're all aware of fluoride in water but drinks that contain fluoride could easily sneak up on you.

With that being said, it's important to know where and how much fluoride is coming from what you drink... So I've put together a table where you can search the fluoride levels of 143+ different drinks like milk, pop, wine, beer, energy drinks and even baby formula.

[Table of Contents](#) [[show](#)]

Fluoride In Drinks...



When it comes to fluoride in drinks, levels range greatly from one drink to another. While tap water contains an average of 0.7 ppm of fluoride, according to the USDA drinks like milk contain 0.03 ppm. While black tea can contain upwards to 3.73 ppm and white wine at 2.02 ppm of fluoride.

However, in just minutes you'll learn everything there is to know about fluoride and drinks.

You'll learn which drinks are high and low in fluoride. Plus be able to search the fluoride levels of 143+ beverages, including alcoholic, baby food, and everything in between.

Not only that, we'll also go through **3 tips** to help you and your family avoid drinking fluoride.

Drinks HIGH In Fluoride

DRINKS HIGH IN FLUORIDE



BLACK TEA



WINE



GRAPE JUICE



GREEN TEA



COFFEE (TAP)



SODA



TAP WATER



JUICE (TAP)

When it comes to how much fluoride is in a beverage, this depends on the fluoride levels of the:

- Water it's made from
- Soil it's grown in
- Sprays used while farming
- Ingredients it's made from

For example, when it comes to [fluoride in tea](#) (link to article where you can search the fluoride levels of 329+ teas) there's a huge difference in fluoride levels from one type of tea to another. Herbal tea is almost always fluoride-free while something like green tea can have levels as high as 3.2 ppm. This all depends on the type of tea and soil it's grown in.

Now usually fruit is low in fluoride.

But when it comes to grapes, they are often sprayed with fluoride based pesticides. So as a result, grape juice is regularly high in fluoride.

Top 6 Drinks High In Fluoride

1. Black Tea (3.73 ppm)
2. Wine (1.53 ppm)
3. Grape Juice (1.38 ppm)
4. Coffee + Tap Water (0.91 ppm)
5. Tap Water (0.81 ppm)
6. Soda (0.78 ppm)

Drinks LOW In Fluoride

DRINKS **LOW** IN FLUORIDE



HERBAL TEA



MILK



HARD LIQUOR



FRESH JUICE



**COFFEE
(FILTERED)**



**FILTERED
WATER**



**BOTTLED
WATER**



**COCONUT
WATER**

You may have noticed that coffee made both lists of beverages high and low in fluoride.

This solely has to do with the fluoride content of the water used during preparation. As explained in [fluoride in coffee](#), beans are typically low in fluoride (with a few exceptions) while the high levels of fluoride come from tap water.

Which is also why soda, juice, and baby food may have high levels of fluoride. As it may be made or mixed with tap water that contains fluoride.

It's also important to note, not all bottled water is low in fluoride. To know for sure, you should search whatever brand you're interested in at [bottled water without fluoride](#). That's where you can search the fluoride levels of 286 different brands.

Top 6 Drinks Low In Fluoride


1. Filtered Water (0.00 ppm)
2. Milk (0.03 ppm)
3. Hard Liquor (0.08 ppm)
4. Coffee + Filtered Water (0.10 ppm)
5. Bottled Water (0.10 ppm)
6. Herbal Tea (0.15 ppm)

Tips On Using The Fluoride Drinks Table

Here are a few tips to help you use the fluoride drinks table...

1) Search for the exact beverage you are looking for in the search bar...

**Search The EXACT Beverage
With The Search Bar**




All

Item	Fluoride (ppm)	Category
Root Beer	0.71	Soda

2) Click "**Fluoride (ppm)**" to sort from highest to lowest or lowest to highest...

**Click "Fluoride (ppm)"
To Sort By HIGH or LOW**

All




Item	Fluoride (ppm) ^	Category
Citrus Energy Drink	0.00	Energy Drink
Propel Zero (fruit-flavored, non-carbonated)	0.02	Juice
Milk (nonfat, fluid, with added vitamin A and vitamin D, fat free or skim)	0.03	Milk

3) Try sorting beverages by category...

Sort By CATEGORY

All



Item	Category
Pepsi (all regions)	Soda
Gatorade (G performance O 2, ready-to-drink)	Juice
Cream Soda	Soda
Dr. Pepper	Soda

- Alcoholic
- Baby Food
- Bottled Water
- Coffee
- Energy Drink
- Juice
- Milk

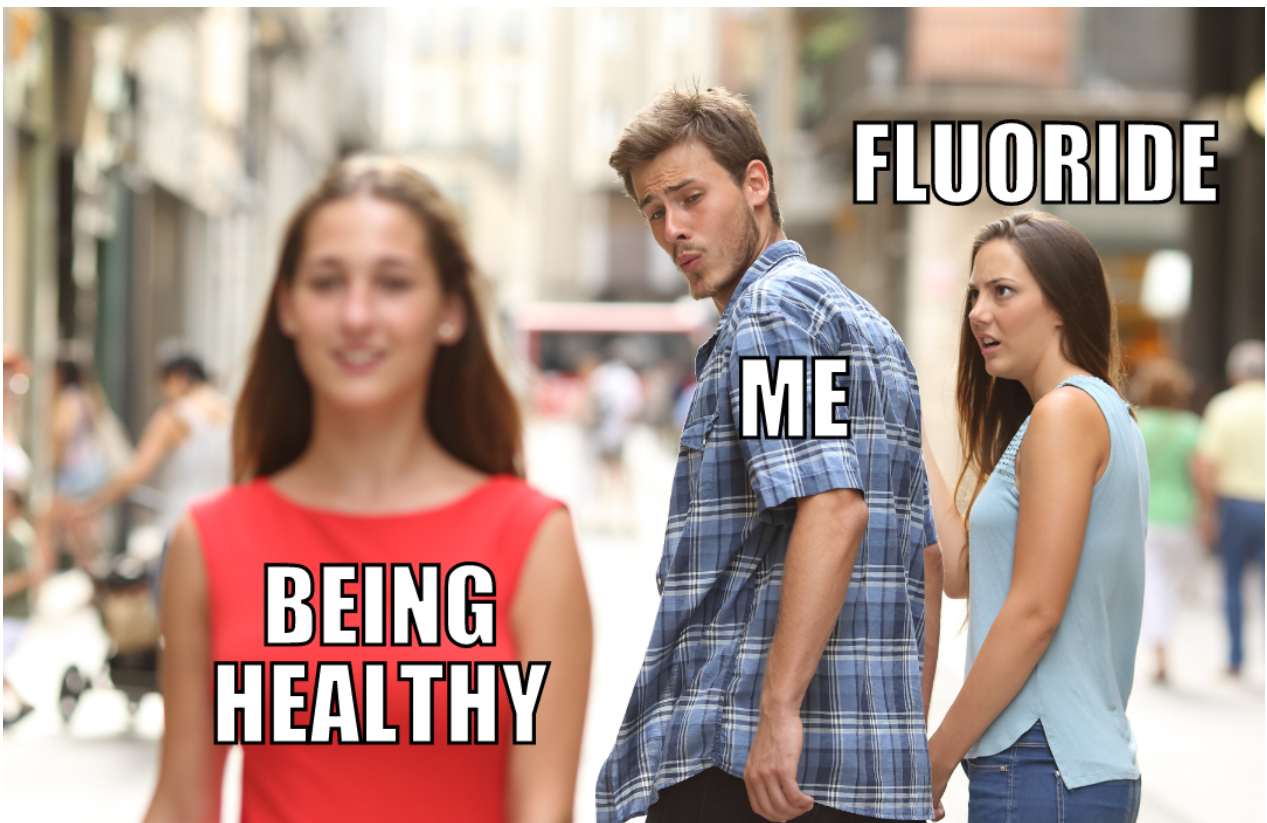
Fluoride Levels On 165+ Drinks (Searchable Table)

The table below is mainly based on information obtained from the United States Department of Agriculture (USDA). Keep in mind there is some good information but it's outdated.

So if you don't find the beverage you are looking for, let me know by contacting me using the buttons below. I will be testing 100's of drinks in the upcoming months.

Table Sources ([1](#),[2](#),[3](#))

3 Ways To Avoid Fluoride In Beverages



1. Avoid Processed Liquids

The more processed something is, the more likely it contains high levels of fluoride.

This is why more "natural" liquids like milk, water and coffee tend to have low levels of fluoride. In fact, when I don't have access to water I trust. I drink less water but consume more liquids from sources like coconut water, fresh fruit juice, and raw grass-fed milk.

You could say nature got it right.

2. Ditch Tap Water For Good

The **easiest** and most **important** step in reducing your fluoride exposure is to ditch tap water and start using and drinking fluoride-free water.

This way whenever you make coffee, tea, or anything else that requires water – you don't consume fluoride. You can either do this by using bottled water or you can use a water filter. But my personal favorite option is a water filter just because I know if I get a quality filter, I don't have to worry about anything.

Now if you're not sure what filter is best, good news is that I made the process of choosing a filter extremely easy. After testing 33+ different filters, I've narrowed it down to the [3 best fluoride water filters](#) (link to guide where I help you choose the right filter in under 10 minutes).

But if you don't have time to read the article, sign up to my email list and I'll send you a report of all 33+ filters I've tested. Many brands lie that their filter can remove fluoride, so you should know the truth before you buy.

**Enter your email below to receive fluoride test results on 40+ water filters
+ my top picks!**



Name

Email

Submit

This report includes all types of filters too. Including reverse osmosis, distillers, shower filters, Berkey's and a bunch of water filter pitchers.

3. Drink Fluoride-Free Tea

Fluoride in tea is one of the most **potent** sources of fluoride you can come across.

However, this only applies to certain types of teas and with the right awareness you can dodge these dangerous levels of fluoride. For example, it's common for many brands of **black tea** to

have fluoride levels over 3ppm, which is more than 4X what's found in tap water!

While something like herbal tea is always fluoride-free...

Now this covers how to avoid fluoride in drinks. But if you'd like more information on how to avoid fluoride in general, take a look at the [fluoride detox](#) page. Over there you'll learn 10 different things you can do to not only reduce fluoride exposure but also remove it from your body.

Anyways, there you have it, the truth about fluoride in regards to *drinks that contain fluoride*.

Cheers!

Join 407,039+ Readers

Follow us on social media for the most up to date fluoride news, advice and content.



TRUTH ABOUT FLUORIDE

#1 Resource For Reliable and Useful Fluoride Information

Providing you the tools and information you need to avoid a classified neurotoxin with ease.

- ✓ **Evidence Based:** information is based on scientific literature.
- ✓ **Independently Tested:** tests are independently tested (water filters, teas, bottled water, etc.) to ensure unbiased results.
- ✓ **Self Funded:** the website is solely funded by the owner + donations made by readers. Keeping the information pure and objective.

[About Us](#) [Affiliate Disclosure](#)

© 2023 Truth About Fluoride