Is Tea Acidic? The pH, In Context

From the teas.co.uk wiki

> **Is tea acidic, in summary:** Technically yes, but only mildly, and far gentler than coffee, juice, wine or fizzy drinks. It is a minor factor for enamel (sugar matters more), a possible individual reflux trigger, and the whole-body "acidity" panic is pseudoscience.

"Is tea acidic?" is usually asked out of worry about teeth or reflux, and the most useful fact is that yes, tea is mildly acidic, but it sits well down the scale, far gentler than coffee, fruit juice, fizzy drinks or wine, so the accurate answer is "technically yes, practically minor for most people", not a cause for alarm.

Last reviewed by the teas.co.uk team in April 2026.

The pH picture

The factual core. Most brewed tea is mildly acidic, clearly less so than coffee and much less so than fruit juices, soft drinks and wine, which sit far lower (more acidic) on the scale. Within tea there is variation: black tends to be slightly more acidic than green or white, additions shift it, and herbal infusions vary widely, with fruit and especially hibiscus tisanes clearly more acidic, which is why they taste sharply tart. So "tea is acidic" is literally true and misleading without the comparison, because in the real ranking of everyday drinks tea is one of the milder ones, not one of the harsh ones.

What it means for teeth

The dental consequence follows directly and is deliberately consistent with the companion is tea bad for your teeth guide: acidity is what erodes enamel, but tea's mild acidity makes it only a minor erosion factor next to the seriously erosive drinks dentists warn about, and the bigger dental issue in a cup is added sugar, not the tea's own acidity, the ordering the is sugar in tea bad guide sets out. Unsweetened tea is comparatively kind to enamel on the acid measure. The exception worth flagging is hibiscus heavy fruit tisanes: they are more acidic and more tart, though still far from the worst offenders, so they earn the same water after, do not brush immediately courtesy that properly acidic drinks do.

What it means for reflux and the stomach

Here the nuance is individual. For people with acid reflux, GERD or a sensitive stomach, tea can sometimes be a trigger, but this is usually driven more by caffeine and individual sensitivity than by the modest acidity itself, and tolerance varies a lot from person to person. The sensible position is the personal-tolerance logic

used across this wiki: if tea reliably worsens your reflux, that is real and worth respecting, so try weaker, lower-caffeine or non-tea options, but tea's acidity is not a general gastric hazard for people without those conditions, and a blanket "tea is acidic, so it is bad for your stomach" claim does not survive contact with how variable this actually is.

What is overblown

The part that most needs trimming is the scary-sounding misuse of the word "acidic". Alkaline diet marketing and its purifying promises imply tea acidifies your body or is corrosive from within. It does not: the body tightly regulates its own pH regardless of what you drink, the "acid or alkaline foods change your blood pH" idea is not sound physiology, and mildly acidic tea is not eroding you internally. The real, narrow points are dental (minor, sugar matters more) and individual reflux tolerance; the whole body acidity panic is marketing pseudoscience, exactly the kind of inflated claim the tea myths debunked approach exists to deflate. This is general information, not medical advice.

The thirty-second way to settle it

The fastest way to put this worry to bed is a simple mental ranking you can apply to any drink: ask where it sits between cola and fruit juice at the harsh end and water at the gentle end. Coffee is more acidic than tea, tea is mildly acidic and well toward the gentle side, and only hibiscus-heavy fruit tisanes within the tea family climb toward the tart, more-acidic zone. Once tea is correctly placed on that scale, the two worthwhile actions are obvious and tiny: take it unsweetened, so sugar is not the real story, and give sharp hibiscus blends a water rinse. The whole-body "acidity" anxiety can be discarded entirely, because your physiology regulates its own pH regardless of what is in the mug. File tea's acidity under "technically true, practically minor", and move on.

Relative acidity of everyday drinks

Drink	Relative acidity
Cola and fizzy drinks	Strongly acidic, properly erosive
Fruit juice	Strongly acidic
Wine	Notably acidic
Hibiscus / fruit tisane	Clearly acidic and tart, the tea family exception
Coffee	More acidic than tea
Black tea	Mildly acidic
Green / white tea	Mildly acidic, the gentle end

Drink it unsweetened from the green tea range, the black tea range, or the full tea shop, and any UK order topping £35 is delivered free.

FROM THE CURATOR

teas · Acidity is the wrong thing to worry about in a cup of tea. Drop the sugar and you have handled the only part that really matters.

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