

## **Carbonated Water** (Beverages)

**Interesting facts:** A distinctive type of bottled water is sparkling water or carbonated water. Carbonated water contains carbon dioxide that has been dissolved, creating carbonation. Sparkling, or carbonated, water is often recognized as the main ingredient for sodas. There are a few types of “natural” sparkling waters, but you must read the label.

**How to select:** If you are using bottled water it is always best to have it in glass rather than plastic. The plastic can leach into the water if the plastic becomes too hot or cold which can happen during storage or transporting.

**What to avoid:** Avoid plastic containers. Also, avoid freezing the water or keeping bottles in your car that may heat up.

**How to consume:** Please refer to your Report for calculations and water intake.