

## **Soft drink** (Beverages)

**Interesting facts:** Soft drinks are called “soft” because they don’t have any alcohol in them. First flavored soda drinks appeared in Europe in second half of 17th century. They were most popular in France. Process of carbonation is popular not only for drinks with specific recipes, but also for “enriching” the flavor of ordinary water (popular “mineral” water).

**How to select:** We do not recommend soft drinks. If you do consume any, the best would be organic with less than 6 grams of sugar and no chemicals or caffeine.