

The Bottled-Water Craze

Bottled-water is big business today. Do you know what you're drinking?

You find bottled-water everywhere today. It's a multi-million dollar industry and consumers pay up to \$3.50 for a 16-ounce bottle in some settings. Yes, that's roughly 15 big gulps at 23-cents per gulp! Is bottled-water quenching your thirst or draining your wallet dry? Here are some definitions:

Spring water comes from the earth's surface and underground water supplies. It makes-up $\frac{3}{4}$ of all bottled-water sold in the U.S.

Mineral water is spring water and contains a minimum amount of certain minerals like calcium and magnesium.

Sparkling water is spring or municipal water with added carbon dioxide to make it bubbly like soda.

Drinking water is water that comes from your tap or is bottled from someone else's tap. Its origin is a municipal water source, which must be indicated on the label.

Purified water is simply tap water that has been processed through filtration, reverse osmosis, or other processes.

Distilled water comes from municipal water that has been boiled to remove most, but not all, possible contaminants.

Oxygenated water is spring or municipal water with *extra* oxygen added and claims improved hydration. An FDA lab analyzed oxygenated water and found it to be nothing more than salt water. Some companies market it as the "champagne of water." This may be true when referring to its price-tag: up to \$35 for $\frac{1}{4}$ cup!

Flavored water is spring or municipal water with added flavorings or sweeteners. If the water contains calories, there's added sugar.

Deciding to buy bottled-water is a personal decision, but it's useful to know what's out there when you decide. With over 60% of our body made-up of water, aim to drink at least 8-cups daily for good health.

References:

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