



# Upgrade Your Water Game

## The Sparkling Water Revolution

Staying hydrated is crucial for good health, especially during the summer months. If you find plain water unappealing, sparkling water can be a great alternative. Not only can sparkling water quench your thirst like still water, but it can also help you cut back on sugary drinks like sodas and fruit juices.

The popularity of sparkling water has soared in recent years, and there's a vast selection of flavors to choose from. Let's delve deeper into this popular water substitute!



### Sparkling Mineral Water

This is naturally bubbly water that comes from an underground source and contains minerals. The Food and Drug Administration (FDA) has regulations for mineral water, requiring it to come from a protected underground source and contain at least 250 parts per million (ppm) of minerals. Importantly, no minerals can be artificially added to mineral water. Many sparkling mineral waters are naturally carbonated from the gas in the underground spring, but some brands add carbonation afterwards. Because of the minerals, sparkling mineral water has a subtle salty and tangy taste.



### Tonic Water

Also bubbly, this water has a distinct flavor because of a bitter compound called quinine. Quinine was originally used as a medicine to fight malaria, but now it's mostly added to tonic water to give it a unique taste that complements cocktails. Tonic water has a slightly bitter taste from the quinine, and manufacturers typically add sugar to balance out the bitterness.



### Club Soda

Club soda is regular water that has extra sodium salts added to give it a taste similar to mineral water. This was especially popular during the Great Depression when soda water was the most affordable drink at soda fountains. Club soda generally has a saltier taste due to the the added sodium salts.



### Seltzer Water

Simplicity reigns supreme... Seltzer is essentially water that has been infused with carbon dioxide, resulting in a refreshing effervescence. Unlike its counterparts, seltzer boasts a minimal mineral content. This translates to a clean and neutral taste, devoid of any pronounced bitterness or acidity. Due to its versatile nature, seltzer is often the preferred choice for recipes calling for sparkling water.



## Sparkling Water and Hydration

Sparkling water offers a refreshing alternative that research shows can be just as effective as still water for keeping you hydrated.

Dehydration can negatively impact cognitive function and mood, potentially hindering productivity. Studies utilizing the Beverage Hydration Index (BHI) have found no significant difference in hydration levels between sparkling and still water. While some sparkling water varieties contain sodium, the levels are generally minimal, and the sodium content of tap water itself can vary depending on location.

For those seeking additional hydration support, some sparkling water options boast higher mineral content. However, it's important to be mindful of added sugars and sweeteners, which can counteract the hydrating benefits.

In addition to helping hydrate, sparkling water has been shown to improve symptoms of indigestion and constipation, and in some cases improve swallowing ability in both young and older adults.



*Ditch the Sugar, Not the Fun*

## SPARKLING SUMMER DRINK RECIPES

### **SUNNY CITRUS SPARKLER**

Bring the sunshine in with this vibrant and fruity combination. Start by muddling chopped pineapple and strawberries in a glass, then add some orange juice. Top off your masterpiece with orange sparkling water to fill the rest of the glass. If you like a little sweetness, add a few drops of honey or sweetener to taste.

### **MEDITERRANEAN MINT SPLASH**

Elevate your mood with this delicious blend of lemon and cucumber slices with a few sprigs of mint for a refreshingly light twist on classic lemon or cucumber water. To elevate it further, a fizzy version can be made by combining these ingredients with lemon-flavored sparkling water.

### **SPARKLING ICED TEA**

Blend lemon sparkling water, peach sparkling water, or raspberry sparkling water with iced tea for a fizzy, refreshing twist on a summer favorite!

### **ENERGIZING COFFEE SODA**

Ready to put a little more punch in your cold brew? Combine your cold brew coffee with club soda, sparkling water, or even ginger beer for a spicy kick. Explore flavored sparkling waters with citrus flavors for some extra flavor, and be sure to serve your soda over ice.

