

## Soda vs Mineral Water (vsdiff.com)

Feature	Soda	Mineral Water
Definition	Sweetened, carbonated soft drink (often flavored)	Water from a natural source with dissolved <b>minerals</b>
Typical composition	Carbonated H <sub>2</sub> O, sugars or sweeteners, acids, flavorings, preservatives	Primarily H <sub>2</sub> O with varying levels of calcium, magnesium, bicarbonates, sometimes natural CO <sub>2</sub>
Carbonation	Artificially added CO <sub>2</sub>	Natural or added CO <sub>2</sub> ; can be still or sparkling
Calories	Approximately 100–160 kcal per 12 fl oz (sugar-sweetened)	0 kcal (plain) — negligible
pH (typical)	~2.5–4 (acidic)	~5.5–8 (depends on mineral content)
Common additives	Sugar, citric/phosphoric acid, caffeine, colorants	Usually none added beyond possible carbonation or minimal fluoride
Regulatory framing	Food/beverage regulations; sugar labeling	Often classified as bottled natural mineral water with source traceability

Source: <https://vsdiff.com/soda-vs-mineral-water/>