

Sparkling Water vs Seltzer (vsdiff.com)

Attribute	Sparkling Water	Seltzer
Typical source	Natural springs or bottled sources; <i>sometimes</i> naturally carbonated	Usually tap water or filtered water with added CO ₂
Mineral content	Often contains measurable minerals (TDS varies widely, approximately 10-1000 mg/L)	Generally low minerals (often ~ 0-50 mg/L)
Sodium	Can be 0 to several hundred mg/L depending on source	Typically low (often 50 mg/L) unless labeled otherwise
Common labels	“Sparkling mineral water”, “naturally carbonated”	“Seltzer”, “carbonated water”
Typical use	Table drinking, pairing with food, premium mixers	Neutral mixer, plain refreshment, flavored varieties

Source: <https://vsdiff.com/sparkling-water-vs-seltzer/>