



# FOODFACTS

From the U.S. Food and Drug Administration

## FDA Regulates the Safety of Bottled Water

*Including Flavored Water and Nutrient-Added Water*

*The Food and Drug Administration (FDA) and the Environmental Protection Agency (EPA) are both responsible for the safety of drinking water. EPA regulates public drinking water (tap water), while FDA regulates bottled drinking water.*



### **Americans like bottled water.**

According to the International Bottled Water Association, bottled water was the **second most popular beverage in the U.S.** in 2005, with Americans consuming more than 7.5 million gallons of bottled water — **an average of 26 gallons** per person. Today, only carbonated soft drinks out sell bottled water.



FDA has set Current Good Manufacturing Practices (CGMPs) specifically for bottled water. They require bottled water producers to:

- **Process, bottle, hold, and transport bottled water under sanitary conditions;**
- **Protect water sources** from bacteria, chemicals, and other contaminants;
- **Use quality control processes** to ensure the bacteriological and chemical safety of the water;
- **Sample and test** both source water and the final product for contaminants.

FDA monitors and inspects bottled water products and processing plants under its food safety program. When FDA inspects plants, the agency verifies that the plant's product water and operational water supply are obtained from an approved source; inspects washing and sanitizing procedures; inspects bottling operations; and determines whether the companies analyze their source water and product water for contaminants.



## Defining “Bottled Water”

Under FDA labeling rules, bottled water includes products labeled:

- Bottled water
- Drinking water
- Artesian water
- Mineral water
- Sparkling bottled water
- Spring water
- Purified water
  - distilled
  - demineralized
  - deionized
  - reverse osmosis water

Waters with added carbonation, soda water (or club soda), tonic water and seltzer historically are regulated by FDA as soft drinks.

## Flavored Water and Nutrient-Added Water

New types of flavored and/or nutrient-added waters have begun to appear in stores and on food service menus. Some are simply bottled water with flavoring, others may also contain added nutrients such as vitamins, electrolytes like sodium and potassium, and amino acids. The bottled water ingredients of these flavored and nutrient-added waters must meet the bottled water requirements if the term “water” is highlighted on the label, as in, for example, a product named *Spring Water with Berry Flavor*. In addition, the flavorings and nutrients added to these beverages must comply with all applicable FDA safety requirements and they must be identified in the ingredient list on the label.



Nutrition Facts		
Serving Size 8 fl oz (240g)		
Servings Per Container about 2		
Amount Per Serving		
<b>Calories 15</b>		
		% Daily Value*
<b>Total Fat</b> 0g		<b>0%</b>
<b>Sodium</b> 60mg		<b>6%</b>
<b>Total Carbohydrate</b> 3g		<b>1%</b>
Sugars 2g		
<b>Proteins</b> 0g		
	per serving	per bottle
Vitamin E	<b>15%</b>	<b>25%</b>
Niacin	<b>15%</b>	<b>25%</b>
Vitamin B6	<b>15%</b>	<b>25%</b>
Vitamin B12	<b>15%</b>	<b>25%</b>

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium or iron.

\* Percent Daily Values are based on a 2,000 calorie diet.

Everyone can practice safe food handling by following these four simple steps:

