

# Coming Soon: Sodas With Vitamins



Many adults are worried that U.S. kids drink too much soda. They say soda has lots of sugar in it, and nothing that is good for you. That's why many schools have banned soda from their hallways.

The fact that soda lacks nutrition is also why Coca-Cola and Pepsi Cola plan to start selling new soft drinks this year that have vitamins added to them. One of those drinks, Diet Coke Plus, will have vitamins B3, B6, and B12 and two minerals that are part of a healthy diet. Pepsi's new drink will come in different flavors and have vitamins B3, B6, and E.

Some experts say drinking the new sodas with vitamins will be better than drinking regular soda. Others say that just because a drink has vitamins does not mean it is healthy. Eating fruits and vegetables is a better way to get vitamins, they say.

## **NEWS WORD BOX**

compete consumers  
vitamin minerals  
regular calories

The companies say they will start selling sodas with vitamins because fewer people are buying regular and diet sodas. Company managers say sales of soda are down because many new drinks are competing with sodas for the consumer's dollar. Others say soda sales are down because soda has been blamed for making people overweight. Soft drinks are the biggest source of calories in the American diet, they say.

## **MORE ABOUT SODA**

- The average American drinks 557 cans of soda a year. That's 52 gallons!
- Many people used to drink diet soda because it does not have any calories or sugar. Some of them are now drinking more water, because they do not like the artificial sweeteners in diet soda.
- Diet Coke Plus will have the minerals magnesium and zinc. Pepsi's new drink, called Tava, will have the mineral chromium.

## **THINK ABOUT THE NEWS**

The Center for Science in the Public Interest (CSPI) has called all non-diet sodas "liquid candy."  
Do you think that is an appropriate name? Why or why not?