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Tap vs. Bottled—What Should You Drink?

Posted Mon, Jan 07, 2008, 1:10 pm PST

Glug, glug, glug--that's the sound a ginormous number of us make as we sip bottled water in our cars, at the gym, behind our desks.

The sound you DON'T hear is the *thwack* of 60 million bottles a day being tossed into U. S. landfills, where they can take up to 1,000 years to biodegrade.

If that's not enough to turn your conscience a brighter shade of green, add this: Producing those bottles burns through 1.5 million barrels of crude oil annually--enough fuel to keep 100,000 cars running for a year. Recycling helps but reusing is even better. Invest in a couple of portable, dishwasher-safe, stainless steel bottles like [Klean Kanteens](#) that won't leach nasty chemicals into your water. (Don't get into the habit of refilling the water bottle you just emptied; the polyethylene terephthalate it's made of breaks down with multiple usings.)

4 REASONS TO TURN ON THE TAP

1. Tap water is tested daily

Under the Safe Drinking Water Act, water suppliers are *required* to provide an annual report on the quality of your local water and to test tap water daily. By comparison, the FDA examines bottled water only weekly, and consumers can't get the agency's results. You can easily get the lowdown on your state's drinking water quality at <http://www.epa.gov/safewater/dwinfo/index.html>

2. Tap water is a bargain

Bottled water costs about 500 times more than tap. If you're into really fancy labels, up to 1,000 times more.

3. Tap water is a tooth saver

It has more fluoride than bottled water, which helps prevent tooth decay. (Yes, you never outgrow your need for fluoride.)

4. Tap water is often tasty

Some places (New York City for one) have delicious water, but if you don't love the flavor of yours, the solution is simple: Run your tap water through a Brita or Pur filter to remove most tastes and odors. The average home filter goes for \$8.99 and produces the equivalent of 300 large (16.9 ounce) bottles of water. That's about \$0.03 cents a bottle, versus the \$1.25 or so you'd pay in a market.

One last thing: Don't just think about making this switch; actually do it. Today. It does the world *and* you good. Plus, allowing nagging, unfinished tasks (known as NUTs) to go undone can make your [RealAge](#) 8 years older!

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1. Posted by **Tia** on Tue, Jan 08, 2008, 10:29 am PST

I buy bottled water for my home but I noticed that I am not as quick to reach for a bottle then I am to reach for a pitcher of water. I buy bottled water, but for coffee, tea, and even cooking, I boil water. I drink boiled water better than I drink bottled water. So I am definitely going to print this article to stick it to my fridge.



2. Posted by **keronwright333** on Tue, Jan 08, 2008, 10:41 am PST

free waterno brainer.....cooperate scams on labels



3. Posted by **fstop107** on Fri, Jan 11, 2008, 12:45 am PST

Bottled water is higher than a gallon of gasoline!



4. Posted by **w.main@sbcglobal.net** on Fri, Jan 11, 2008, 2:20 pm PST

Everybody loves to take shots at bottled water. When they do they always bring up New York tap water. Yes, their water is tasty but, who wants to move to New York. By the way, Great Bear B/W in New York does a brisk business. As far as land fills you could make the same point with every beverage we drink. The bottom line is water is necessary and one of the best things for our bodies we can consume and good bottled water tastes far better than 90% of tap waters. It's sure one heck of a lot better for you than soda, coffee... etc Yes, gas can be cheaper. What's that got to do with anything.



5. Posted by **rmlt66** on Mon, Jan 14, 2008, 7:47 am PST

I drink tap water all the time. Once you get used to it you won't even think about it.



6. Posted by **amf.1988** on Mon, Jan 14, 2008, 9:22 am PST

lol free water. iagree:)



7. Posted by **saranym80** on Mon, Jan 14, 2008, 9:22 am PST

tap water is disgusting!!!! you should live in san diego, ca. where that nasty stuff has all kinds of floaties in there



8. Posted by **amf.1988** on Mon, Jan 14, 2008, 9:22 am PST

lol free water:) i agree



9. Posted by **fast94neon** on Mon, Jan 14, 2008, 9:23 am PST

they should sell bottled new york water id buy here in chi by the truck loads



10. Posted by **oregonerie1** on Mon, Jan 14, 2008, 9:23 am PST

Tap water has chlorine in it, which is harmful for your body. Also, not all cities add fluoride. To reduce plastic water bottles in landfills, re-use the 1 gallon or 5 gallon bottles,

Tap vs. Bottled—What Should You Drink? - Beauty Eats on Yahoo! Food
and fill a nalgene bottle.



11. Posted by **pheobegibbs** on Mon, Jan 14, 2008, 9:24 am PST

Im sold, I wwill definatly make the switch



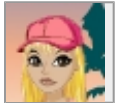
12. Posted by **cameron710** on Mon, Jan 14, 2008, 9:24 am PST

I heard the tap water where I live- Los Angeles, isn't very safe to drink though.



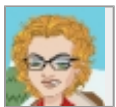
13. Posted by **tara4homes** on Mon, Jan 14, 2008, 9:24 am PST

The tap water in Westlake Village, California tastes awful. Any suggestions on a good filtration system that provides really good tasting water at a reasonable price?



14. Posted by **joe&samantha** on Mon, Jan 14, 2008, 9:24 am PST

I live outside of pittsburgh and the water is nasty. It comes out of the faucet cloudy. I buy a lot of bottled water and i probably wont stop.



15. Posted by **klgardner1** on Mon, Jan 14, 2008, 9:24 am PST

God in Heaven! FIRST, they tell us to drink bottled; NOW they're telling us to drink tap!
This whole bloody thing is political! Okay, I personally never fell for the drink bottled water thing -- water comes out of my faucet -- why should I BUY it, for crying out loud!

HOWEVER, if someone wants to buy it, leave them alone. IN FACT, LEAVE US ALL ALONE!!! I'M SICK OF YOU NUTCASE ENVIRONMENTALISTS TELLING US ALL WHAT TO DO!!!!!!!!!!!!!! TALK ABOUT NAZIS!!! YES I SAID NAZIS!!!!!!!



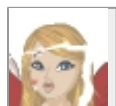
16. Posted by **tomjg2002** on Mon, Jan 14, 2008, 9:24 am PST

I only wish I was the PT BARNUM who started to sell something they can get for free-or close to free. Well there is always air! Anyone out there willing to pay me 1 penny for every breath? Just 1 penny please.



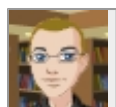
17. Posted by **che** on Mon, Jan 14, 2008, 9:24 am PST

well, i try to drink water from the tap in vancouver when i am there, but in some parts of the lower mainland, i refuse to drink the tap water. i live in pto escondido, oaxaca, mexico 6 months a year and i do not drink tap water here. when i get home it is hard to go to the tap for a glass of water. why cannot the smell of the water be better? it was back when....



18. Posted by **kitten** on Mon, Jan 14, 2008, 9:24 am PST

bottled water is convenient in a thirsty emergency on the road but i do prefer my pur filtered water from the tap. bottled water is definately overrated!



19. Posted by **Adam T** on Mon, Jan 14, 2008, 9:24 am PST

Convincing people to buy water in bottles is one of the greatest money making schemes ever. (selling dirt in bags is a great racket too)



20. Posted by **Richard Tocci** on Mon, Jan 14, 2008, 9:25 am PST

If you live in an area that highly chlorinates the water, like where I live, the taste is horrible.

A tap filter is the best way to go.



21. Posted by **captnbrimster** on Mon, Jan 14, 2008, 9:25 am PST

This is the first good article I've seen on Yahoo for a while. Most of the other ones do pointless surveys or other dumb things that they pay big money to research. I love the tap.



22. Posted by **golfvideo** on Mon, Jan 14, 2008, 9:25 am PST

I only drink bottled water when it's the only alternate. Always suspected bottled water to be a ripoff. But people are fooled. Pretty labels. Groovy idea but yuppies, get with it.



23. Posted by **brendaspataforerop** on Mon, Jan 14, 2008, 9:25 am PST

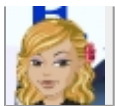
Bijou DUH



24. Posted by **brendaspataforerop** on Mon, Jan 14, 2008, 9:25 am PST

Bijou DUH





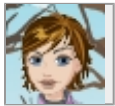
25. Posted by **brendaspataforerop** on Mon, Jan 14, 2008, 9:25 am PST

Bijou DUH



26. Posted by **sisluv** on Mon, Jan 14, 2008, 9:25 am PST

The fluoride is NOT good for you contrary to popular belief. Research it.



27. Posted by **kahluacush** on Mon, Jan 14, 2008, 9:25 am PST

Go figure, I drink tap water but my dog gets bottled water. He has inflammatory bowel disease and the slightest change in his food or water can send him in to IBD overdrive.... vomiting...etc....I buy purified water for him. It does bother me however all the plastic bottles we go through.



28. Posted by **spyderlady01** on Mon, Jan 14, 2008, 9:25 am PST

FYI.....This TAP water they talk about does not apply to people who use well water. Well water DOES NOT have flouride, and it is NOT tested daily!!



29. Posted by **warrenstaysfly** on Mon, Jan 14, 2008, 9:26 am PST

I rather drink bottle water and have a (false) feeling of security than drink tap water...





30. Posted by **Brett H** on Mon, Jan 14, 2008, 9:26 am PST

One thing this article fails to mention is that while the water is tested daily, that's at the water plant. Have you looked in your water pipes in your house by the water heater? My plumber showed me mine when he replaced my water heater. He said that's why he'll never drink tap water. That he always buys bottled. He said that 98% of homes he goes to has gunk in those pipes. the older the home, the more gunk. It was like a black sludge.
yuk!

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