

## Tea, soda and not only: what drinks should be consumed on an airplane, and which is better to refuse

A passenger aircraft is a closed system with dry air, reduced pressure and low oxygen content. That is why everything that we eat and drink on top is absorbed not like on Earth.

**Tea and coffee.** In most airlines, water for the preparation of these drinks is typed in special tanks, which should be regularly cleaned. But this rule is not always observed. Therefore, harmful bacteria can accumulate in water. The second problem is caffeine, which only enhances dehydration.

**Alcohol.** In the body, at a height, it becomes less oxygen, and alcohol only enhances this effect. Because of this, there is a load on the heart and brain, you can feel dizziness, nausea or anxiety. In addition, alcohol during the flight is absorbed into the blood faster and enhances intoxication. And the last: alcoholic beverages violate sleep.



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**Soda.** Due to such drinks, increased gas formation occurs at a height. In addition, sugar and caffeine in soda enhance dehydration.

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The best choice during the flight will be **Simple water**. Also useful options will be **tomato juice, slightly salted water, diluted natural juices, drinks with electrolytes**Field

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