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Although they are both Lemon-Lime soft drinks, 7up tends to be sweeter and slightly LESS carbonated. Sprite tends to have a 'Drier' Less Sweet taste and a bit more Lime flavor as well as being slightly more carbonated giving it a 'zingier' taste.

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What is the difference between lemon-lime soda and Sprite/7up? Is ...

7Up is not considered a healthy beverage choice due to its high sugar content and lack of essential nutrients. It's best enjoyed in moderation as an occasional treat.

18 7Up Health Facts - Facts

Drinking soda every day can cause a lot of damage to your health because it contains so much sugar. Excessive intake can cause chronic health issues, from obesity to diabetes, high blood pressure, high cholesterol, and heart diseases. Even drinking diet soda or other sugary juices every day has negative side effects.

Is It Safe to Drink Soda Every Day? Health Risks - MedicineNet

Healthy alternatives to Sprite, such as infused sparkling waters or herbal teas, aim to replicate the refreshing and fizzy sensation without the high sugar content.

Healthy Alternatives to Sprite - MasterHealth

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