

Sugar free/Low Sugar Drink Replacements

When choosing what to drink with your meal or when you're just thirsty...
water is always the best choice.

But if you are looking for something flavored to drink, don't reach for the soda, Gatorade, or juice...go for one of these low calorie choices instead.



Sugar Free /Low Calorie Punch

Crystal Light
 Capri Sun's Roaring Waters
 Wyler's
 Kool-Aid Jammers
 Sobe Lean Drinks
 Perfect for packing in lunches, and only 10 calories.



FIBER INFUSION



Nutritionally Enhanced Water

Contains important nutrients.
 Most have 10 calories or less and come in a variety of flavors.

CALCIUM



Flavored Water

Comes in a variety of flavors and brands, has 10 calories or less.



Diet (caffeine free) Soda

Even though it's sugar-free, diet sodas should be limited. If you must drink them choose one that is caffeine free.



Low Calorie Sports Drinks

These drinks are not "sugar-free" but are a better choice than Gatorade or Powerade.



Look at **nutrition labels** to find out if a drink is low in calories. Choose one with 10 calories or less.

Nutrition Facts

Serving Size 1 cup (8 fl oz) (237g)

Amount Per Serving		% Daily Value*	
Calories	0	Calories from Fat	0
% Daily Value*			
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	5mg		0%
Total Carbohydrate	0g		0%
Dietary Fiber	0g		0%
Sugars	0g		
Protein	0g		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com