

CARB-FREE DRINKS BELOW 5 GRAMS OF CARB/SERVING

(Assume drinks are carb free unless otherwise noted)

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Water: Don't forget water is best! Try to choose more drink options that use less artificial sweeteners and colors.

METROMINT water made with real mint and fruit extracts-no artificial sweeteners or dyes: Order online or type in zip code on product info page for store locations near you

Hansen's Stix made with Stevia: Albertson's, Drugstore.com, Amazon.com

Diet Hansen's made with Splenda: Henry's, Von's, most major grocery stores

Propel Zero verses Gatorade made with Splenda: Any grocery store
(Original Propel has 3 gram/ 8 ounce serving for a total of 9 grams/ 24 ounce bottle)

Emergen-C Electro-Mix verses Gatorade made with Stevia: **(Add to sparkling water, soda water, mineral water, any favorite fizzy:** Henry's, Amazon.com

Emergen-C: All flavors are around 5-6 grams of carb per packet. Mix one packet into 16 ounces of water. I love to mix into natural flavored mineral waters such as **Trader Joes Fruit Infused Mineral Water.**

Crystal Lite made with Equal: (Powdered Can, Ready Made Bottles, On the Go Sticks): Any grocery store-Compare prices with generic. (Wal-Mart version of Crystal Light is half the price)

Sweet Leaf Drops made with Stevia: Henry's or Amazon.com

Fizzy Water Splash: 100% Juice (1 ounce) mixed with Fizzy Water/Sparkling Water (16 ounces). (One ounce of juice has 4 grams of carb-be careful on the portions. Please measure the ounce)

Fruit Ice Cubes: Cut up fresh strawberries, grapes and lemons. Put a couple pieces of fruit in each cube and freeze. Add to ice water or iced herbal tea.

Fruit Infused Water: Cut up lemon, cucumbers, strawberries, oranges and throw into a pitcher. Let it sit overnight. You will get the flavor of the fruit with no carbs. If you want to eat a few slices, it ok!

Herbal Tea: Ice it or drink it hot. Try passion fruit, berry, citrus. You will taste the amazing natural flavors with no carbs.

Hint, Drink Water not Sugar: Sprouts: Unsweetened essence water like pear, berry, lime and lemon. www.drinkhint.com



Mighty Leaf Tea: Whole Foods: www.mightyleaf.com Very flavorful herbal and green teas that are wonderful both iced and hot. My personal favorites that is caffeine free: **Chamomile Citrus**. I also love **Chocolate Mint Truffle with Almond Milk**.

(One ounce of almond milk is equal to one gram of carb) I usually brew 8 ounce cup of Chocolate Mint Truffle tea and add 2-4 ounces of almond milk). You may also try icing this, and then blending with 3 ice cubes for a frothy treat.

Sobe Lifewater Zero made with PureVia/Stevia: Any grocery store.

Lipton Pure Leaf Tea Bottles-Compare labels, some have added honey.

Green Tea Half and Half: Brew ½ pitcher green tea and mix with ½ pitcher lemonade Crystal Lite. You can also try brewing a whole pitcher of green tea, adding sliced lemons and some **Sweet Leaf** drops (see above for location). I personally love the apricot drops with green tea.

Steaz Iced Teaz-Unsweetened-lemon extract

Hot Chocolate with Cocoa Powder mixed with Stevia or Splenda. Get some cinnamon sticks and swirl away! You might also consider Sweet Leaf mint or cinnamon drops.

To Go Brands: Extreme Berry, Go Greens, Acai, Green Tea www.togobrand.com

SodaStream Fountain from Bed, Bath and Beyond-Soda Stream Diet Flavor made with Splenda and MyWater Flavor Essence unsweetened. Mint is a popular choice

Additional Non-carbonated beverages sweetened with sucralose (Splenda) that can be found at Target/Walmart or local grocery stores

- Aquafina Flavor Splash – Aquafina
- Kool-Aid Jammers “Only 10 Calories”
- Clear Fruit Lite – Sundance Beverage Company
- Dasani Natural Flavored Water Beverage
- Fruit 2-O “(original not vitamin enhanced)”
- Nestle Pure Life Natural Fruit Flavored Water

Sweetener Brand Name Ingredients Carb & Calories

Agave nectar from the Agave plant, cane sugar or honey:

1 teaspoon contains 5gm Carbohydrate

Equal, Aspartame

1 packet contains .25 grams or close to zero Carbohydrates

Splenda/Liquid Sucralose

0 Carbohydrate

Stevita Co. Inc® STEVIA-0 grams carb

There are many other products to try. These are just a few I like. Try them out! If you can't find them at your local stores, many products can be ordered online at www.amazon.com or www.drugstore.com. Ask your store manager if they will order a special product for you. Many are happy to help you. ☺ Any questions ask your dietitian at Rady Children's Hospital San Diego

