

Soda Is Out, Seltzer Is In: 5 Better-for-You Bubblies

Health  by Alex Orlov on 2/9/2016

5 Healthy Low-Calorie Seltzers



Love the joyous bubbles and sugary sweetness of diet cola? The calorie-free carbonation *seems* like a dieter's dream, but [research](#) shows that sugary colas can make your taste buds crave real sugar even more — and even alter your brain chemicals. Yikes! Luckily, not all fizzy beverages get the same bad rap (unless, of course, you [drink way too much of them](#)). For people who can't resist the satisfying fizz on the tongue, there are plenty of other ways to satisfy that craving for an effervescent pick-me-up. From probiotic-rich tonics to flavored seltzers, these carbonated drinks might help you ditch your [diet cola habit](#) for good this year.



Photo: LaCroix

2. LaCroix Sparkling Water

Best for: Getting through your [Whole 30](#)

Cutting out all sweet stuff from your diet? La Croix has no artificial sweeteners, added sugars or calories, making it your zero-calorie beverage BFF. A cascade of delicious bubbles with every sip us over. The colorful cans look like they are straight out of the 80s, but they might just become your new favorite desk accessory.