

DIET TRENDS

Healthy soda swaps that aren't water

By **Patricia Bannan** · Published March 05, 2016 · FoxNews.com



High fructose corn syrup and other added sugars have received significant attention lately, and many people have dutifully switched to water.

However, a recent report published by the CDC suggests that not everyone is successful—30 percent of Americans are drinking at least one beverage sweetened with added sugar every day, and only 26 percent of Americans are avoiding sweetened beverages entirely. Whether you've already sworn off soda or are looking to switch up your beverage lineup, here are some fun and tasty soda swaps sure to satisfy without any added sugar.

Festive flavors: If you're not a fan of mineral water, but you enjoy a little flavor with your fizz, check out LaCroix sparkling water. Available in glass bottles, regular and slim cans, the zero calorie line is constantly coming out with new flavors that do not use any sugar or artificial ingredients. Unique options like coconut and apricot will add some fun variety and make it easy to say no to the standard soda fare.

Relationship disclosure: Patricia Bannan has worked with The Wonderful Company, maker of 100% POM Wonderful pomegranate juice.

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