

## THE BLOG

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

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By Alex Orlov for [Life by Daily Burn](#)

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.

## 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 won us over. The colorful cans look like they are straight out of the '80s, but they might just become your new favorite desk accessory.

Read the full article here: [http://www.huffingtonpost.com/life-by-dailyburn-/soda-is-out-seltzer-is-in\\_b\\_9348714.html](http://www.huffingtonpost.com/life-by-dailyburn-/soda-is-out-seltzer-is-in_b_9348714.html)