

7 Soda Alternatives That Won't Bust Your Wallet — Or Your Waistline

By Ashley Eneriz on 1 July 2016



One thing that is hard to give up is soda — but for your health, and the health of your wallet, you really should try. Each time you go out to eat, a soda will add about \$3 on your bill per person. In 2012, U.S. households spent [\\$850 a year on soft drinks](#) alone.

As far as health disadvantages, drinking soda regularly can increase belly fat, decrease bone strength, and can increase cavities and gum disease. Soda has been linked to diabetes, obesity, cancer, and high blood pressure. Not only are these health issues scary, but they are also very costly to manage. Don't think that switching to diet will help you out either, since diet soda can be even worse for you with its artificial sweeteners.

Kicking your soda habit is the best thing to do for your health and wallet, but that is definitely easier said than done. Here are some frugal ways to satisfy your soda craving without risking your health.

5. Flavored Sparkling Water to Go

It is not always convenient to make your own soda, especially if you are traveling. Flavored sparkling water will give you the carbonation and sweetness you are craving. My favorite is the coconut flavored La Croix because when it is really cold, it reminds me of a Coke. Check the labels on sparkling water and make sure that the ingredients are only water and flavoring. Avoid any that have sugar or artificial sweeteners in them.