Zero calorie or low calorie drink options

0-20ish calorie drink options will help you cut excess calories

- One 12-ounce can of regular soda has about 150 calories and 40 grams of carbohydrate. This is the same amount of carbohydrate in 10 teaspoons of sugar!
- One cup of fruit punch has about 100 calories (or more) and 30 grams of carbohydrate

- **Plain water**
- **Sparkling water like Ice, Clear American, ect**
- **Infused water -with pieces of fruit**
- **Black coffee or coffee with sugar free flavors and low fat creamer, or Super Coffee**
- **Unsweet tea, green, black, mate, or herbal**
- **Sweet tea sweetened with Stevia, Splenda, monk fruit, i.e.- Lipton's Splenda sweet tea**
- **Powerade zero, Gatorade zero, sugar free Propel**
- **Sugar free kool-aid**
- **Flavor packets for water i.e. Crystal Light, Mio drops, True Citrus packets, Great Value packets**
- **Welch's sugar free fruit punch**
- **Bai water or energy drink**
- **Alani, Celsius, Up time, Clean, Zevia, ZOA, and Sparkling Ice energy drinks**