



Sugar Free Drinks

All the drinks listed below are sugar free. Watch out for hidden sugar! Try to stick to water, non-fat/low-fat milk, and unsweetened beverages for overall better health.

Always be sure to look at the nutrition label to check for serving size and double check sugar/carbohydrate content (even if it says “sugar free”)!

If you have diabetes, make sure the drinks are carbohydrate free. If it is not carbohydrate free, then you will need to include the drink when counting carbs.

- Plain water
- Homemade flavored water
- Lemonade: squeeze lemon/lime juice into water and add sugar substitute
- Sugar Free water flavorings (i.e. Crystal Light, Mio, True Lemon, Stur, etc.)
- Smartwater
- Flavored/Sparkling water (i.e. LaCroix, Bubly, San Pellegrino, Perrier, Topo Chico, Hint, etc.)
- Sparkling Ice
- Cascade Ice
- Unflavored tea sweetened with sugar substitute
- Diet Soda
- Zevia
- Diet Snapple (Some are sugar free, some are not – check the label!)
- VitaminWater Zero
- Gatorade Zero (G Zero)
- Powerade Zero
- Propel