







Sugar-Free Drinks for Kids

*****15 calories or less/serving*****



Drink	Flavors	Calories	Carbs
<p>Crystal Light Packets</p>  <p>Sweetened with Sucralose or Aspartame</p>	<p>Classics:</p> <ul style="list-style-type: none"> Berry Sangria Black Cherry Lime Blackberry Lemonade Fruit Punch Mango Passionfruit Pink Lemonade Raspberry Ice Strawberry Kiwi Strawberry Watermelon Blueberry Raspberry Cherry Pomegranate Concord Grape Lemonade Orange Pomegranate Lemonade Raspberry Lemonade Strawberry Lemonade Tropical Coconut <p>Tea:</p> <ul style="list-style-type: none"> Lemon Iced Tea Lemon Iced Tea Decaf Raspberry Green Tea Pomegranate Green Tea Sweet Tea Peach Iced Tea Peach-Mango Green Tea Raspberry Iced Tea 	5-15 per packet	0 grams
<p>MiO Shots</p>  <p>Sweetened with sucralose or stevia</p>	<p>MiO Originals:</p> <ul style="list-style-type: none"> Sweet tea Fruit punch Blueberry Lemonade Cherry Blackberry Mango peach Strawberry watermelon Berry Grape Berry Pomegranate Cranberry Raspberry Lemonade <p>MiO Vitamins: (sweetened w/ Sucralose)</p> <ul style="list-style-type: none"> Orange Tangerine Orchard Apple Orange Vanilla <p>MiO Vitamins: (Naturally Sweetened w/ Stevia)</p> <ul style="list-style-type: none"> Blackberry Raspberry Tropical Cherry 	0 calories	<1 g gram
<p>Diet Snapple Singles To-Go Packets</p>  <p>Sweetened with aspartame</p>	<ul style="list-style-type: none"> Lemon Tea Peach Tea Raspberry Tea Green Tea Sweet Tea Half and Half (Tea and Lemonade) 	10 calories per packet	2 grams per packet
<p>Great Value Sugar-Free Packets (Walmart brand)</p>  <p>Sweetened with Aspartame</p>	<ul style="list-style-type: none"> Iced Tea w/ Peach Peach Mango Green Tea Sweet Tea Strawberry Watermelon Cherry Pomegranate Pink Lemonade Iced Tea w/ Raspberry Iced Tea w/ Lemon Lemonade Orange Cherry Grape Mixed Berries Fruit Punch Raspberry Lemonade 	10 calories per packet	2 grams per packet

Drink	Flavors	Calories	Carbs
<p>Lipton Green Tea Mix Packets</p>  <p><i>Sweetened with Sucralose</i></p>	<p>Blackberry Pomegranate Mango Pineapple Strawberry Acai Half and Half (Tea and Lemonade)</p>	<p>10 per packet</p>	<p>2 grams per packet</p>
<p>Kool Aid Sugar-Free Packets</p>  <p><i>Sweetened with Aspartame</i></p>	<p>Cherry Grape Tropical Punch</p>	<p>10 calories per packet</p>	<p>0 grams per packet</p>
<p>Proper Powder Packs</p> 	<p>Lemon Watermelon Berry Grape Raspberry Lemonade Kiwi Strawberry</p>	<p>0 calories per packet</p>	<p>0 grams per packet</p>
<p>Ocean Spray Diet</p>  <p><i>Sweetened with Sucralose</i></p>	<p>Diet Cranberry Diet Cran-Apple Diet Cran-Cherry Diet Cran-Grape Diet Cran-Lemonade Diet Cran-Mango Diet Cran-Pomegranate Diet Cran-Raspberry Diet Ruby Red Grapefruit Diet Cran-Pineapple Diet Cranberry Juice w/ Lime</p>	<p>5 calories per 8 fl oz</p>	<p>2 grams per packet</p>
<p>Diet V8 Splash</p>  <p><i>Sweetened with Sucralose</i></p>	<p>Diet Berry Blend Diet Tropical Blend</p>	<p>5 calories per 8 fl oz</p>	<p>1 gram per 8 fl oz</p>
<p>Light Hawaiian Punch</p>  <p><i>Sweetened with Sucralose</i></p>	<p>Fruit Juicy Red</p>	<p>10 calories per 8 fl oz</p>	<p>2 grams per 8 fl oz</p>

Drink	Flavors	Calories	Carbs
<p>Aquafina Flavor Splash</p>  <p><i>Sweetened with Sucralose</i></p>	<p>Grape Raspberry Wild Berry</p>	<p>0 calories per bottle</p>	<p>0 grams per bottle</p>
<p>Dasani Flavored Water</p>  <p><i>Sweetened with Aspartame & Sucralose</i></p>	<p>Lemon Strawberry</p>	<p>5 calories per bottle</p>	<p>0 grams per bottle</p>
<p>Nestle Splash</p>  <p><i>Sweetened with Sucralose</i></p>	<p>Lemon Strawberry Melon Wild Berry Acai Grape Mandarin Orange</p>	<p>0 calories per bottle</p>	<p>0 grams per bottle</p>
<p>Fruit 2 O</p>  <p><i>Sweetened with Sucralose</i></p>	<p>Cherry Grape Lemon Watermelon Peach Strawberry Tropical Fruit Orange Raspberry Grape</p>	<p>0 calories per bottle</p>	<p>0 grams per bottle</p>
<p>HINT</p>  <p><i>No Sweetener</i></p>	<p>Diet Berry Blend Diet Tropical Blend</p>	<p>0 calories per bottle</p>	<p>0 grams per bottle</p>
<p>HINT Kids Fruity Water Boxes</p>  <p><i>No Sweetener</i></p>	<p>Fruit Juicy Red</p>	<p>0 calories per bottle</p>	<p>0 grams per bottle</p>

Drink	Flavors	Calories	Carbs
<p>La Croix Sparkling Water</p>  <p><i>No Sweetener</i></p>	<p>Tangerine Apricot Mango Passionfruit Watermelon Hi-Biscus Limon Cello Key Lime Coconut Berry Peach-Pear Pamplemousse Crazz-Cranberry Orange Lemon Lime</p>	<p>0 calories per can</p>	<p>0 grams per can</p>
<p>Dasani Sparkling Water</p>  <p><i>No Sweetener</i></p>	<p>Lime Strawberry Guava Berry Pink Grapefruit Black Cherry Watermelon Tropical Pineapple Pomegranate Blueberry Pear Kiwi Raspberry Lemonade Meyer Lemon White Peach Blood Orange</p>	<p>0 calories per can</p>	<p>0 grams per can</p>
<p>Deer Park Sparkling Water</p> 	<p>Lemon Ginger Pomegranate Lemonade Ruby Red Grapefruit Orange White Peach Ginger Zesty Lime Orange Mango Strawberry Black Cherry Lemon Lime Lively Lemon Blood Orange Hibiscus Raspberry Lime Triple Berry</p>	<p>0 calories per bottle</p>	<p>0 grams per bottle</p>
<p>HINT Sparkling Water</p> 	<p>Peppermint Blackberry Peach Watermelon Cherry Grapefruit Strawberry Kiwi Ginger</p>	<p>0 calories per bottle</p>	<p>0 grams per bottle</p>
<p>AHA Sparkling Water</p>  <p><i>No Sweetener</i></p>	<p>Lime Watermelon Strawberry Cucumber Orange Grapefruit Blueberry Pomegranate Black Cherry Coffee Peach Honey Apple Ginger Citrus Green Tea</p>	<p>0 calories per bottle</p>	<p>0 grams per bottle</p>
<p>Vintage Seltzer Water</p>  <p><i>No Sweetener</i></p>	<p>Lemon Lemon Lime Mandarin Orange Wild Cherry Watermelon Raspberry Blueberry Peach Mango Pineapple</p>	<p>0 calories per bottle</p>	<p>0 grams per bottle</p>

Drink	Flavors	Calories	Carbs		
<p style="text-align: center;">Sparkling ICE</p>  <p style="text-align: center;"><i>Sweetened with Sucralose</i></p>	<table border="0" style="width: 100%;"> <tr> <td style="vertical-align: top;"> Grape Raspberry Black Raspberry Cherry Limeade Peach Nectarine Crisp Apple Kiwi Strawberry Coconut Pineapple Ginger Lime Lemon Lime Cherry Vanilla </td> <td style="vertical-align: top;"> Black Cherry Pomegranate Blueberry Strawberry Watermelon Orange Mango Strawberry Limeade Pink Grapefruit Classic Lemonade Coconut Limeade Fruit Punch </td> </tr> </table>	Grape Raspberry Black Raspberry Cherry Limeade Peach Nectarine Crisp Apple Kiwi Strawberry Coconut Pineapple Ginger Lime Lemon Lime Cherry Vanilla	Black Cherry Pomegranate Blueberry Strawberry Watermelon Orange Mango Strawberry Limeade Pink Grapefruit Classic Lemonade Coconut Limeade Fruit Punch	0 calories per bottle	0 grams per bottle
Grape Raspberry Black Raspberry Cherry Limeade Peach Nectarine Crisp Apple Kiwi Strawberry Coconut Pineapple Ginger Lime Lemon Lime Cherry Vanilla	Black Cherry Pomegranate Blueberry Strawberry Watermelon Orange Mango Strawberry Limeade Pink Grapefruit Classic Lemonade Coconut Limeade Fruit Punch				
<p style="text-align: center;">Gatorade Zero</p>  <p style="text-align: center;"><i>Sweetened with Sucralose</i></p>	<table border="0" style="width: 100%;"> <tr> <td style="vertical-align: top;"> Lemon Lime Glacier Cherry Glacier Freeze </td> <td style="vertical-align: top;"> Orange Berry </td> </tr> </table>	Lemon Lime Glacier Cherry Glacier Freeze	Orange Berry	5-10 calories per bottle	1-2 grams per bottle
Lemon Lime Glacier Cherry Glacier Freeze	Orange Berry				
<p style="text-align: center;">Powerade Zero</p>  <p style="text-align: center;"><i>Sweetened with Sucralose</i></p>	<table border="0" style="width: 100%;"> <tr> <td style="vertical-align: top;"> Mixed Berry Orange White Cherry </td> <td style="vertical-align: top;"> Grape Fruit Punch Strawberry </td> </tr> </table>	Mixed Berry Orange White Cherry	Grape Fruit Punch Strawberry	0 calories per bottle	0 grams per bottle
Mixed Berry Orange White Cherry	Grape Fruit Punch Strawberry				
<p style="text-align: center;">Propel</p> 	Peppermint Blackberry Peach Watermelon Cherry Grapefruit Strawberry Kiwi Ginger	Depends on flavor	1-6 grams per bottle		
<p style="text-align: center;">Vitamin Water Zero</p>  <p style="text-align: center;"><i>Sweetened with Stevia and Erythritol</i></p>	<table border="0" style="width: 100%;"> <tr> <td style="vertical-align: top;"> Kiwi-Strawberry Pineapple Coconut Strawberry Lemonade Lemonade Acai-Blueberry-Pomegranate </td> <td style="vertical-align: top;"> Mixed Berry Orange Dragonfruit Fruit Punch </td> </tr> </table>	Kiwi-Strawberry Pineapple Coconut Strawberry Lemonade Lemonade Acai-Blueberry-Pomegranate	Mixed Berry Orange Dragonfruit Fruit Punch	0 calories per bottle	About 5 grams per bottle
Kiwi-Strawberry Pineapple Coconut Strawberry Lemonade Lemonade Acai-Blueberry-Pomegranate	Mixed Berry Orange Dragonfruit Fruit Punch				

Drink	Flavors	Calories	Carbs
<p>Diet Tea*</p>  <p>Sweetened with Sucralose or Aspartame</p>	<p>Lipton: Green Diet Iced Tea Citrus, Black Diet Iced Tea Lemon, Diet Iced Tea Peach, Diet Green Tea Mixed Berry</p> <p>Arizona: Diet Iced Tea Lemon, Green Tea Zero, Diet Peach Green Tea</p> <p>Snapple: Diet Mango Tea, Diet Peach Tea, Diet Lemon Tea, Diet Raspberry Tea, Diet Half n' Half, Diet Green Tea, Diet Trop-A-Rocka Tea</p> <p>Gold Peak: Diet Tea, Diet Green Tea</p> <p>Turkey Hill: Diet Green Tea, Diet Iced Tea, Diet Green Tea Mango, Diet Blackberry Sweet Tea</p>	0 calories per bottle	0 grams per bottle
<p>Diet Soda, Zero Soda</p>  <p>Sweetened with Aspartame</p>	<p>Any soda labeled as diet or zero.</p> <p>**Diet soda is preferred over regular soda, however water and flavored waters are recommended over diet soda.</p>	5-10 calories per bottle	1-2 grams per bottle

*Consider making your own ice tea at home using boiling water and hot tea packets, and then cooling in the refrigerator. You can add lemon for extra flavor, or add a 0-calorie sweetener from the list below.

Sweetener	Brand Name	Packaging
Aspartame	Equal (blue packet) Nutrisweet	
Sucralose	Splenda (yellow packet)	
Saccharin	Sweet'N Low (pink packet)	
Stevia	Purevia Truvia	

***Note that ALL energy drinks, including those that are 15 calories or less, are NOT recommended for children. Any drink mixes or packets that are labeled ENERGY or include caffeine are NOT recommended for children. Examples of what to avoid:** Red Bull, Sugar-Free Red Bull, Rockstar, Rockstar 10 Calorie, Monster, MIO ENERGY Shots, Crystal Light ENERGY, 5-Hour Energy, NOS, Amp, Full Throttle, Xyience, Starbucks Double Shot Energy, Hi-Ball, Bang, Xs, Repp Sports Raze, VPX Bang, Reign, Duff, Zevia, 180 Energy, Hemp, etc.