Calorie-Free Beverage Guide









Brand	Cals	CHO(g)	Caffeine (mg)	Sugar Sub
Energy Drinks				
Alani	10	5	200	Sucralose, Ace K, Erythritol, Inositol
Rock Star Pure Zero	20	2	240	Erythritol, Sucralose
Monster Energy Zero	0	2	150	Erythritol, Inositol
Red Bull Sugar Free	10	3	114	Sucralose, Ace K
Super Enrgy Zero Sugar	20	2	200	Stevia, monk fruit
Bang Energy	0	0	300	Sucralose, Ace K
Ghost	5	1	200	Sucralose, Ace K
Bloom	10	2	180	Sucralose
Celsius	10	0	200	Sucralose, Erythitol, Stevia
Flavored Water				
Vitamin Water Zero	0	0	0	Erythritol, Stevia, Monk Fruit
Hint Fruit Infused Water	0	0	0	None
Nestle Splash	0	0	0	Sucralose ,Ace K
Kroger Flavored Water	0	0	0	Sucralose
HEB infusion water	20	2	0	None
Juice				
Ocean Spray Diet Juice	5	2	0	Sucralose, Ace K
HEB Diet Juice	5	2	0	Sucralose, Ace K, Stevia
Great Value Diet Juice	5	2	0	Sucralose
Minute Maid Zero Sugar	5	1	0	Aspartame, Ace K, Sucralose
Sports Drinks				
Hill Country Fare Zero Sports	0	0	0	Sucralose, Ace K
Propel	0	0	0	Sucralose, Ace K
Powerade Zero	0	0	0	Sucralose, Ace K
Body Armor Lyte	15	14	0	Stevia, Erythritol
Gatorade Zero	10	2	0	Sucralose, Ace K
Member's Mark Sports Zero	0	0	0	Sucralose

The diet sodas not listed contain aspartame or a combination of Aspartame and Acesulfame Potassium

Calorie-Free Beverage Guide



Soda*



Tea



Water Mixes

Brand	Cals	CHO(g)	Caffeine (mg)	Sugar Sub
Hansen's Diet	0	0	0	Sucralose, Ace K
Virgil's Zero Sugar	0	7	0	Erythritol, Stevia
Bai Bubbles Soda	5	9	45	Stevia, Erythritol
Bai Antioxidant Infusion	0	11	55	Stevia, Erythritol
Spindrift	34	8	0	None
Zevia	0	0	45	Stevia
KeVita	70	18	0	None
Poppi	35	9	0 or 40	Stevia
Olipop	35	12	0	Stevia
Tea of a Kind	0	0	NL	Stevia, Monk Fruit
Kroger Decaf Zero Sugar Tea	0	0	2	Aspartame
Gold Peak Zero Sugar Sweet Tea	0	0	23	Aspartame, Ace K
HEB Diet Green Tea	5	2	26	Ace K, Sucralose, Aspartame
Zero Sugar Snapple Tea	5	1	38	Aspartame
Lipton Diet Green	5	0	22	Aspartame, Ace K
Arizona Diet Green Tea	0	0	15	Sucralose, Ace K
Ryl Tea	5	6	15	Allulose, Stevia
Milo's Tea	0	1	38	Sucralose
Kroger Lite Drink Mix	5	2	NL	Aspartame, Ace K
Kroger Water Enhancer	0	0	0	Sucralose, Ace K
Crystal Light Drink Mix	5	0	0	Maltodextrose, Aspartame
MIO Water Enhancer	0	0	0	Sucralose, Ace K
Stur Liquid Water Enhancement	0	1	0	Stevia, Fruit Extract
Great Value Drink Mix	5	1	0	Aspartame, Ace K
HEB TO GO Drink Mix	5	2	0	Aspartame, Ace K
Splenda Water Enhancer	0	0	0	Sucralose, Ace K

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Sparkling Water

Brand	Cals	CHO (g)	Caffeine (mg)	Sugar Sub
Clear American Sparkling Water	0	0	0	Aspartame, Ace K
Kroger Flavored Seltzer Water	0	1	0	Sucralose, Ace K
Simple Truth Seltzer Water	0	0	0	None
La Croix Sparkling Water	0	0	0	None
HEB Sparkling Water	10	2	0	Sucralose, Ace K
HEB Unsweetened Water	0	0	0	Sucralose
Ice Sparkling Water	5	0	0	None
Bubbly Sparkling Water	0	0	0	Sucralose
Cascade Ice Sparkling Water	0	0	0	None
BUBBL'R Sparkling Water	5	7	0	Suclaose
Liquid Death Sparkling Water	10	2	0	Erthritol, Stevia

Sugar Substitutes and Brand Names

Aspartame = Equal

Sucralose = Splenda

Stevia = Truvia

Acesulfame Potassium = Sunsweet

NL = "not listed" or the amount of the substance is unknown