



# What is the deal with flavored water?



## Recommendation:

Waters with artificial sweeteners can be an aid in transitioning from high-calorie sugar sweetened beverages to “traditional, minimal sweetened beverages like water and mineral waters” that contain “no more than 1g of sugar per oz”. It is best to drink water that contains no sugar or artificial sweeteners. (American Medical Association, 2009)

### Limit the use of waters with added sugar:



- Waters with sugar easily can lead to weight gain with little to no nutritional value.
- Flavored water with added minerals and vitamins often contain a lot of added sugar.
- Check the label to make sure that there is less than 1 gram of sugar per oz.

### Limit the use of waters with artificial sweeteners:



- Waters with artificial sweeteners can change your tastes overtime to prefer excessively sweet foods that can ultimately lead to weight gain.
- Read the ingredients label: These waters often contain: saccharin, acesulfame, aspartame, neotame, stevia and sucralose (Splenda).

### Drink plenty of naturally flavored water without sugar including:



- Refreshing tap water whenever possible.
- Flavored water that contains an essence or a hint of fresh fruit.
- Flavored seltzer or sparkling water.