



## ON THE MENU: CARBONATED WATER



### THE NUTRITION

**Natural Flavoring:** RD approved product brands contain natural flavoring, which doesn't add any calories or sugar.

**Zero Calorie:** Carbonated water has the same nutrition as regular water, the only thing added is carbonation.

**Increased Hydration:** Drinking carbonated waters helps you meet your recommended daily water intake!

### THE USES

#### Carbonated vs. Seltzer vs. Club

**Soda:** All are interchangeable terms that encompass fizzy waters.

**Soda Alternative:** a zero-calorie beverage with carbonation AND flavor!

**Mixer:** A low-sugar beverage that can be mixed with small amounts of fruit juice to save on calories.

## FIZZY DRINKS

### RD Approved Product Brands:

Polar Seltzer Water

Sparkling Ice

La Croix

Clear Splash

Dasani Sparkling

Store Brands of seltzer water

### Toppings:

Fresh berries

Sliced fruit

Rosemary or Sage sprig

Mint leaves

Lemon or lime zest

### Nutrition information per 1 cup carbonated water:

0 calories, 0 grams carbohydrates,  
0 grams protein, 0 grams fat, 0 grams fiber,  
0 grams sugar, 5mg sodium