

## Vitamin Waters/Nutrient Waters:

**Vitamin water:** Although the taste may be great and the added vitamins seem healthy, a 20 oz. bottle packs in 125 calories.

We do not need the 64 oz. we get daily to come with calories!

When you drink calories studies show you do not eat less calories!

Also, read the label - what vitamins are you getting? Vitamins A, D, E and K will not be absorbed unless they are absorbed in dietary fat.

The vitamins don't make up for all of the added sugar!

Most Americans are NOT vitamin deficient!

Take a multi vitamin (as insurance) with a glass of water in the am instead.

**Sobe Life Water:** Vit Enhanced water sweetened with sucrose, no artificial sweeteners. Contains 50 calories per 8 oz. serving - 150 per bottle. Also contains 13g. carbs, 25 mg. sodium per 8 oz. serving. Ingredients include: Filtered water, **fructose**, natural flavor, citric acid, ascorbic acid, **sugar**, sodium citrate, vegetable juice concentrate (color), modified food starch, gum arabic, elderberry juice concentrate (color), DL-alpha-tocopheryl acetate, glycerol ester of wood rosin, niacin, calcium pantothenate, maltodextrin, pyridoxine hydrochloride, cyanocobalamin

**VitaZest:** CALORIE FREE VITAMIN WATER. VitaZest Vitamin & Fruit Enriched Water is a unique drink that has no carbs, no calories, no sugar, no artificial colors, no preservatives and no caffeine. It is offered in eight flavors. Each bottle contains 10 essential vitamins and minerals, with up to 125 percent Vitamin C in some flavors. It is one of the few beverages enriched with calcium. Contains sweeteners (sucralose).

**Kellogs K2O water:** While this 16 oz bottle provides 5 grams of protein, it also packs in 8 grams of sugar, contains artificial sweeteners and has 50 calories per bottle. Not a great choice overall. A piece of white meat chicken or a slice of low fat cheese are better ways to get in your protein.

## Fitness and Energy Water

Fitness waters were meant originally for people who were performing long term exercise at intense rates. Have you ever seen an overweight person drinking an energy drink while walking on the treadmill? Most people do NOT need these calories.

These drinks contain sugar - for fast energy when biking, running etc. and electrolytes to keep you properly hydrated.

Now they are coming in low calorie versions - replacing some of the sugar with artificial sweetener. Somewhat of an oxymoron - the sugar is there for energy - so what is the point of taking it out? Keep it in but only use when running a marathon or...

Also some energy drinks are now putting in which are essentially water with

**Propel Fitness Water:** All 8 flavors of Propel contain 10 calories per 8 oz. serving and 30 calories per bottle. They also contain 3 g. of carbohydrates and vitamins and minerals such as calcium, vit. E, vit. B6, and vit B12. It is sweetened with sucrose syrup and sucralose. Ingredients include: Water, **sucrose syrup**, citric acid, natural kiwi and strawberry flavors with other natural flavors, sodium citrate, potassium citrate, **sucralose**, vitamin C, vitamin E acetate, niacinamide, calcium disodium EDTA, calcium pantothenate, pyridoxine hydrochloride, acesulfame potassium, vitamin B12.

**G2:** <http://drinkg2.com/> A low-calorie electrolyte beverage geared towards athletes off the field. All three flavors contain 25 calories per 8 oz. serving and 100 calories per bottle. It also has 110 mg. sodium & 30 mg potassium, and 7 g. carbohydrates per 8 oz. serving. G2 is sweetened with **sucralose** and **acesulfame potassium**.

Geared toward athletes off the field. Athletes off the field - like all people need water!!

**Function Alternative** <<http://www.functiondrinks.com/images/webaesuppnew.jpg>>

Claims to elevate energy and mood without the crash. Contains 60 calories per 8 oz. serving - 120 calories per bottle. 15g. carbs, 5 mg. sodium, per 8 oz. serving. Ingredients include: water, **evaporated cane juice**, citric acid, natural flavor, NaCl, Ascorbic Acid, Caffeine, Mg Oxide, Guarana Leaf, and a Mate Leaf extract.

**Powerade Option:** <http://www.us.powerade.com/#/drink/option/calories> Low-calorie sports drink that contains 10 calories per 8 oz. serving - 25 per bottle. It is sweetened with HFCS, sucralose, and acesulfame potassium. Ingredients: Water, **high fructose corn syrup**, natural flavors, citric acid, salt, potassium citrate, **sucralose**, sodium citrate, malic acid, potassium phosphate, **acesulfame potassium**, vitamin B3, vitamin B6, vitamin B12

### **Flavored Waters:**

**With sweetener** - why bother drinking all that pure health and adding artificial junk??

**Aquafina Flavor Splash** - sucralose (0 cal)

I don't love this one. Water is all good - pure health! Why add artificial sweeteners!

**Dasani Flavored Water** - Splenda ( 0 cal)

Ditto above!

**O Infused water** - slightly sweetened with cane sugar juice, natural fruit flavors. Lots of Vitamin C, but still has 55 calories. There is nothing artificial and the calories aren't too high so if you must have some flavor in your water this is not a terrible choice.

**Without sweetener** - if you need to add some flavor to your water there are alternatives...

**Hint:** This water contains no calories or sweeteners and has just a "hint" of flavor. LOVE this!

**Metromint:** purified water and mint, not sweetened.

**O Beverages:** purified and natural flavors, not sweetened.

**My pick:** Go for plain water when possible or try Hint which has no calories and no artificial sweeteners.