

HEALTHY SODA

## 8 Best Sodas

Sure, soda is unhealthy, but we all crave it now and again. These healthy sodas will give you a better bang for your buck.

BY EMILY MAIN

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### "Healthy" Soda?

We've said it before and will probably say it a hundred times more: Soda is toxic stuff. Not only is most of it full of diabetes-inducing high-fructose corn syrup, but drinking too much of the bubbly stuff has also been linked to an increased risk of heart attack and stroke. It contains [genetically modified ingredients](#) (GMOs) and [phosphates](#), preservatives that have been linked to kidney disease and accelerated aging. Obviously, not something you want as part of a regular diet. But at some point, we all crave something fizzy, and that's no reason to reach for a toxic can of kidney-killing GMO water.

We looked high and low for healthy soda alternatives, free of the worst offenders in traditional sodas, such as GMOs or artificial [caramel coloring](#) that can be contaminated with carcinogens. Nor do any of our healthy sodas come bottled in cans, which are normally lined with [hormone-disrupting bisphenol A](#). Some do contain cane sugar, a less-processed sugar that still should be consumed in moderation, and others are flavored with other [sweeteners to avoid](#), but they're all far better alternatives to what's lurking in most soda cans. Next time a soda craving strikes, try one of these eight healthy sodas.

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### Reed's Light Extra Ginger Brew

Ginger ale, or ginger beer depending on who you're talking to, is a fantastic home remedy for nausea, upset stomachs, and even sore muscles, but 99 percent of what the big companies pass off as ginger ale contains tons of sugar and little to no real ginger. Not so with Reed's ginger brews, which contain the most ginger of any brand out there. And the company has just introduced a new "light" variety that, at just 55 calories per bottle, is sweetened with honey and stevia.

[www.reedsinc.com/brews/](http://www.reedsinc.com/brews/)

Read More: [Soothe Sore Muscles With Ginger](#)

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WHERE HEALTH MEETS LIFE

# RODALE



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### Virgil's Root Beer

Also from the purists at Reed's, Virgil's Root Beer is root beer made the way nature intended, by brewing a combination of herbs and spices naturally, rather than concocting a chemistry experiment of artificial flavorings, dyes, and additives. The ingredients list reads like the gatherings of a world traveler—*anise from Spain, vanilla from Madagascar, molasses from the U.S., and balsam oil from Peru*—and will get you off that artificial canned stuff forever. However, good as it is, this soda won't win you any favors with your waistline. At 160 calories per serving and 42 grams (g) of sugar, make it a weekly indulgence.

[www.reedsinc.com/virgils/](http://www.reedsinc.com/virgils/)

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