





[Home](#) » [Weight Management](#) » [Weight Loss Diets G-L](#) » [Other Weight Loss Diets G-L](#) » [Sodas That Have Stevia as a Sweetener](#)

Sodas That Have Stevia as a Sweetener

 Like  You like this. [Unlike](#) · [Add Comment](#) · [Admin Page](#) · [Error](#)
 You like thisBe the first of your friends to like this. [Unlike](#) · [Add](#)

TEXT SIZE: [A](#) [A](#) | [POST A COMMENT](#) | [PRINT](#)  [Add to Favorites](#)  [Tweet](#) [2](#)

Overview

Stevia, the noncaloric natural sweetener, has begun to appear with increasing frequency in food products, including beverages. Long used by South American populations as a sweetener, the FDA approved an extract of the plant in 2008 for use as a sugar substitute. If you are interested in cutting calories or in trying a naturally sweetened drink, stevia sweetened sodas are one option, with multiple varieties and flavors to suit different tastes.

Virgil's Diet Sodas

In September 2008, before major beverage companies like Pepsi released their own drinks sweetened with stevia, Reed's Inc. began marketing its Virgil's Zero, a [diet](#) root beer that was soon sold in groceries like Whole Foods. The company then followed with other varieties of their low-calorie beverages, including cola and creme soda.

[Sweetener Myths and Facts](#) Sweeteners & Your Dietary Health: Learn the Dietary Facts Here. www.SweetSurprise.com

Sponsored Links

Zevia

Zevia soda, according to the beverage company's website, was the first zero calorie soda to reach the market. The brand makes seven varieties of their stevia sweetened carbonated drinks -- Cola, Ginger Root Beer, "Dr. Zevia," lemon-lime Twist, Ginger Ale, Black Cherry and Orange. Other Zevia sweeteners and flavorings include sugar alcohol erythritol, natural caramel flavoring, tartaric acid, citric acid, kola nut extract, annatto and ginger root.

Blue Sky Free Sodas

The Blue Sky Beverage Company was established in 1980 and began producing all-natural beverages without preservatives, artificial colors or flavors. Blue Sky recently came out with its "Free" line of sodas, which are all noncaloric and sweetened with Truvia-brand stevia. Blue Sky makes these beverages in flavors including Ginger Ale and Cherry Vanilla Creme.

Thomas Kemper Naturally Diet Sodas

Beverage company Thomas Kemper has introduced its own all-natural, zero calorie soda line, all sweetened with stevia. Kemper's Naturally Diet line includes three flavors -- Berry Passionate, Cola and Citrus Bliss. All three are free of artificial sweeteners and additives. The diet sodas also contain erythritol, maltodextrin, phosphoric acid, caramel color and natural flavorings.

[Spokane Coupons](#) 1 ridiculously huge coupon a day. It's like doing Spokane at 90% off! www.Groupon.com/Spokane

[Nutrisystem-Official Site](#) Nutrisystem Rollback Sales Event. Act Now – Limited Time Offer! www.Nutrisystem.com/Sales

[SplendaTruth.com](#) SPLENDA® Sweeteners Safe & Healthy. Consider the Facts & Evidence. www.Splendatruth.com

[Stevia Supplements](#) 100% Natural Stevia- Zero Calories Hurry 40% Off Plus Free Shipping! www.Puritan.com

References

Sponsored Links

- [Eating Well: Is Stevia Safe?](#)
- [StockMarketsReview.com: Organic Soda Company Virgil's Success](#)
- [Zevia: Zevia Information](#)
- [Blue Sky Beverage Company: Free Soda](#)

Sweetener Myths and Facts

Sweeteners & Your Dietary Health: Learn the Dietary Facts Here. www.SweetSurprise.com/

Ads by Google
advertisement

People Are Reading

Related Topics

[Food With Stevia](#)[Facts About Diet Soft Drinks](#)[Drinks Containing Stevia](#)[Is There a Diet Drink Made With Stevia?](#)[Information on Stevia Sweetener](#)[Sweeteners Containing Stevia](#)[Foods With Stevia](#)[What Does FDA Say About Stevia Sweetener?](#)[Ingredients of Truvia Sweetener](#)[Food Products with Stevia in the Ingredients](#)[What Is Stevia Sugar?](#)[What Is Stevia Sweetener?](#)

- [PR Newswire: Hansen's Introduces Blue Sky Free](#)
- [Thomas Kemper: Naturally Diet Sodas](#)

About this Author

Sarah Billian began writing in 2004 as a staff writer for her high school, and later wrote for her college paper, the "Sophian." She writes regularly on the subjects of nutrition and health on various websites and on her food, nutrition and health blog, Grub First. Sarah will receive her Bachelor of Arts in psychology from Smith College.

Article reviewed by Helen Covington

Last updated on: 02/02/11

Member Comments

Be the first to post a comment.

Add Your Comment

 Post this comment to my Facebook Profile



[Which Diet Sodas Do Not Contain Aspartame?](#)

more

Related Videos

[Healthy Food Choices: Sugar-Free Beverages](#)

[Healthy Food Choices: Sodas](#)

[Healthy Food Choices for a Cocktail Party](#)

Weight Management Tools



[MyPlate](#)



[MyPlate D](#)



[Recipes](#)



[Body Fat Calculator](#)



[BMI Calculator](#)

[Stevia Supplements](#)

100% Natural Stevia- Zero Calories Hurry 40% Off Plus Free Shipping!
[www.Puritan.com](#)

[Organic Stevia Supplement](#)

Our all natural Stevia blend with no bitter aftertaste. Try today.
[www.sooooosweet.com](#)

[Free Stevia Sample](#)

Try The Best Tasting Stevia & Most Economical To Use
[www.nunaturals.com](#)

[Sweetleaf Stevia](#)

Get Free Sweetleaf Stevia Coupons Start Saving On Sweetleaf Stevia
[www.ShopAtHome.com](#)

Ads by Google advertisement

Write for LIVESTRONG.COM



Health and fitness professionals are urged to apply

[Learn More](#)

SITE

ABOUT

BLOG

CONTACT US & FAQ

ADVERTISE WITH US

PRESS

CALORIE COUNTER MOBILE

CALORIE TRACKER

FOOD AND FITNESS RESOURCES

SITE MAP

FOLLOW US

IN THE NEWS

GO MOBILE

ACHIEVE YOUR GOALS,
ANYWHERE

LEARN MORE



Copyright © 2011 Demand Media, Inc. Use of this web site constitutes acceptance of the LIVESTRONG.COM [Terms of Use](#) and [Privacy Policy](#). The material appearing on LIVESTRONG.COM is for educational use only. It should not be used as a substitute for professional medical advice, diagnosis or treatment. LIVESTRONG is a registered trademark of the Lance Armstrong Foundation. The Lance Armstrong Foundation and LIVESTRONG.COM do not endorse any of the products or services that are advertised on the web site. Moreover, we do not select every advertiser or advertisement that appears on the web site-many of the advertisements are served by third party advertising companies.