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Don't drink your calories! The perfect soda for weight-loss

Written by [Alix Turoff](#)



Diet Coke is my crutch. A generally auspicious craving killer with zero calories...what's not to love? Well, the aspartame, for starters. Studies show that this manufactured sweetener may actually inhibit weight loss and the phosphorous content may lower the levels of calcium in the blood.

But knowing all that, I still had trouble giving up my daily guilty pleasure — until I found Virgil's Diet Black Cherry Cream Soda.

Virgil's products are made with all-natural ingredients and herbs imported from all over the world. The Stevia-sweetened, gluten-free colas come in Diet Root Beer, Diet Cream Soda, Diet Black Cherry Cream Soda and Diet Cola. Stevia is an herb native to South and Central America and acts as a natural replacement for sweeteners like Splenda and NutraSweet.

I've tried other products with Stevia, only to be disappointed by the slightly licorice aftertaste. I'm not sure how Virgil's does it, but there's no unpleasant aftertaste — only black-cherry-cream-soda goodness.

Plus, with no preservatives or artificial ingredients, I know what I'm getting with Virgil's. Unlike Diet Coke, a bottle of Virgil's contains only six, pronounceable ingredients. Virgil's colas are also micro-brewed, meaning each batch is handcrafted in a brewery — a very expensive process. And at only six calories per environmentally-friendly bottle, it's enough to make me kiss my Diet Coke habit buh-bye.

Virgil's products are available at many natural health food stores or through [their online store](#) (\$19 for a

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