

Health

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Flavor

Taste Test

The top fizz

Satisfy your craving for bubbles with the best healthy, sparkling juices. Of the 59 all-natural carbonated drinks we tried, these 5 topped our list. *By Ginny Temple*



The Switch Orange Tangerine

(About \$1.39 for a 12-ounce bottle; available nationwide at Whole Foods, Wild Oats, and Target stores; www.switchbev.com)

It's the sweetest-tasting of the group, with 130 calories in 12 ounces (versus about 140 in regular soda). But it's still a good switch because it has 100 percent juice. Of the brand's 11 flavors, we liked the citrus combo of orange and tangerine the best.

Grade: B-

Izze Sparkling Blueberry

(\$1.39 for a 12-ounce bottle; available at Whole Foods, Wild Oats, and Cost Plus World Market; www.izze.com)

Every Izze flavor has 100 percent fruit juice and sparkling water, with no preservatives or added sugar. And each bottle equals a serving of fruit based on the food-guide pyramid. The antioxidant-rich Blueberry, with 90 calories for 8 ounces, is our favorite.

Grade: A

R.W. Knudsen Black Cherry Spritzer Light

(About \$4.99 for a 6-pack of 12-ounce cans; available at grocers nationwide, Whole Foods, and Wild Oats)

It might have only 26 percent juice, but this spritzer is pure refreshment. Black Cherry is our favorite of the 21 flavors (5 of which are light). It's sweetened with Lo Han, a natural extract from a Chinese fruit, which helps keep the calories to only 60 per 12 ounces.

Grade: B

Fizzy Lizzy Passionfruit

(\$1.49 for a 12-ounce bottle; available at select Whole Foods, Wegmans Food Markets, and gourmet-food stores nationwide; www.fizzylizzy.com)

It has only 58 percent juice, but there's no added sugar or corn syrup. We love that one 12-ounce bottle packs 100 percent of your recommended daily value of vitamin C. The slightly tart, exotic taste of passion fruit is a treat, and it has 130 calories.

Grade: B+

Boylan's Natural Cane Cola

(\$4.49 for a 4-pack of 11.5-ounce bottles; available at Wild Oats and Whole Foods; www.boylanbottling.com)

With 160 calories in 11.5 ounces, this is no diet soda. But we like that you can pronounce all the natural ingredients, and can even taste hints of cinnamon and bourbon-vanilla. Plus, it has caffeine if you need a fix. Boylan's other old-fashioned sodas are tasty, too.

Grade: A-