

# NATURAL HEALTH

## Natural Sodas

While free of artificial ingredients, many natural sodas are surprisingly high in sugar. These four are refreshing and flavorful without being too sweet or heavy in calories. —C.R.

TRIED & TRUE



**Gus Dry Valencia Orange**  
(\$1.50; [www.drinkgus.com](http://www.drinkgus.com))

This 95-calorie soda combines Valencia oranges, carbonated water, and cane sugar for a sophisticated alternative to the Orange Crush of old.



**IZZE Sparkling Pomegranate**  
(\$1.50; [www.izze.com](http://www.izze.com))

Made from fruit juice and sparkling water, this 80-calorie drink, with its deep crimson color and slightly tart taste, is nutritionally like having a serving of fruit.



**DRY Lavender**  
(\$25 for 12; [www.drysoda.com](http://www.drysoda.com))

The cane sugar and natural lavender extract (sourced from farms in Washington) in this 70-calorie soda give it a subtle floral scent and a crisp, clean flavor.



**Fizzy Lizzy Lone Star Grapefruit**  
(\$2; [www.fizzylizzy.com](http://www.fizzylizzy.com))

Bursting with ripe grapefruit flavor, this 110-calorie sparkling drink has no added sugar—instead, it's sweetened with white grape juice.