

20 Worst
Drinks in
America

No.
16

WORST SODA

Wait . . . but aren't all sodas equally terrible? It's true they all earn 100 percent of their calories from sugar, but that doesn't mean there aren't still varying levels of atrocity. Despite the perception of healthfulness, fruity sodas tend to carry more sugar than their cola counterparts, and none make that more apparent than the tooth-achingly sweet Sunkist. But what seals the orange soda's fate on our list of worsts is its reliance on the artificial colors yellow 6 and red 40—two chemicals that may be linked to behavioral and concentration problems in children.

Sugar Equivalent:
6 Breyers Oreo Ice Cream Sandwiches

Sunkist
(1 bottle, 20 fl oz)
320 calories
0 g fat
84 g sugars

Drink This Instead!

**Izze Sparkling
Clementine**
(1 bottle, 12 fl oz)
120 calories
0 g fat
27 g sugars

Drink This

Not That!

Let's get one thing straight: Very few of these drinks have any redeeming nutritional value at all. You'd be best to cut soft drinks out of your life entirely, but if you find yourself with a craving for carbonation, the drinks on the left side will do the least amount of damage.



Izze Esque Sparkling Limon
(12 fl oz)
50 calories
0 g fat
11 g sugars

Our favorite drink on this page, made from 25% juice, sparkling water, and natural flavoring.



Oogavé Esteban's Cola
(12 fl oz)
102 calories
0 g fat
24 g sugars

Truth is, you'd be better off going diet, but if you're going to indulge, you may as well let Esteban give you your fix and save 38 calories.



San Pellegrino Aranciata
(6.75 fl oz)
80 calories
0 g fat
19 g sugars

Any drink with real juice trumps a soda every time. This one has 18% of the real stuff, plus a perfect portion size to boot.



Sprite
(7.5 fl oz)
90 calories
0 g fat
24 g sugars

Thanks to soda manufacturers for finally going back to the smaller serving sizes of yesteryear. It's still a bad drink, you just have less of it doing damage.



Steaz Zero Calorie Cherry Sparkling Green Tea
(12 fl oz)
0 calories
0 g fat
0 g sugars

Harnesses tea's nutritional powers without the sugars.



Stewart's Black Cherry
(12 fl oz)
190 calories
0 g fat
46 g sugars

Don't be fooled by fancy throwback bottles. More often than not, the liquid inside is more sugar-laden than normal sodas.



Sprite
(12 fl oz)
140 calories
0 g fat
38 g sugars

Do you really need those extra 4.5 ounces? For that matter, do you really need a Sprite at all with so many tasty, healthy alternatives out there?



Sunkist
(per 8 fl oz)
130 calories
0 g fat
34 g sugars

Once for ounce, the worst soft drink on the market today.



Coca-Cola
(12 fl oz)
140 calories
0 g fat
39 g sugars

Our US companies sure can export obesity. Coke is consumed in more than 200 countries.



7Up
(per 12 fl oz)
150 calories
0 g fat
38 g sugars

Izze provides the same satisfying lemon-lime combination, but does so with real juice, not high-fructose corn syrup and "natural flavoring."

Drink This

Not That!

Expect as much from your bubbly as you do your regular juice. Namely, as much fruit for as little sugar as possible.



Martinelli's Sparkling Apple-Pear
(8 fl oz)
120 calories
0 g fat
24 g sugars

This is the best of Martinelli's array of sparklers: 100% apple juice mixed with pear concentrate.

Twelve
(8 fl oz)
60 calories
0 g fat
13 g sugars

Made from pineapple, grape, and peach juices, plus black and white teas and fresh herbs and spices. Delicious. Score a bottle at www.twelvebeverage.com.

Kedem Sparkling Concord Grape
(8 fl oz)
140 calories
0 g fat
35 g sugars

The fact that this is 100% juice makes it a perfect substitute for grape soda.

IZZE Sparkling Clementine
(8.4 fl oz can)
90 calories
0 g fat
19 g sugars

IZZE is a 70-30 blend of real juice and sparkling water. That leaves no room for added sugars.

Perrier Citron Lemon Lime
(22 fl oz bottle)
0 calories
0 g fat
0 g sugars

Want the bubbly without the bulge? Learn to love naturally scented, unsweetened sparkling waters.

San Pellegrino Limonata
(11.15 fl oz can)
141 calories
0 g fat
32 g sugars

Don't be fooled by the fruit on the can. You'll find more calories inside than you'd get from the same size serving of Coke.

Orangina Sparkling Citrus Beverage
(8 fl oz)
100 calories
0 g fat
26 g sugars

Orangina contains just 12% juice. The rest of the sugar comes from HFCS.

Welch's Sparkling Red Grape Juice Cocktail
(8 fl oz)
160 calories
0 g fat
38 g sugars

Only 50% juice, which means the other 50% is water polluted with corn syrup.

Lorina Sparkling Lemonade
(8 fl oz)
90 calories
0 g fat
22 g sugars

Do you really want to pay a premium for gussied-up soda? The first two ingredients in this bottle are sugar and water.

Martinelli's Sparkling Apple-Pomegranate
(8 fl oz)
150 calories
0 g fat
32 g sugars

Pomegranate is found in more and more blends these days. Rarely are they good.