

## How to select a soft drink. Product review November 2018 by [foodtalk.com.au](http://foodtalk.com.au)

Colour code: No sweeteners at all			Colour code: Intense sweetener +/- sugars	
Brand and flavour	kJ in 100 ml	kJ in 1 Litre	ingredients	sweeteners present
Mount Franklin Lightly Sparkling	0.0	0	Carbonated Australian Spring Water	NIL
Schweppes Australian Sparkling Mineral Water	0.0	0	Carbonated Mineral Water	NIL
Schweppes Natural Mineral Water	0.0	0	Mineral Water	NIL
Schweppes Soda Water	0.0	0	Carbonated Water	NIL
Waterfords Lightly Sparkling Natural	0.0	0	Carbonated Australian Spring Water.	NIL
Waterfords Lite & Fruity Sparkling Natural Mineral Water: Natural	0.0	0	Carbonated Natural Mineral Water.	NIL
Waterfords Lightly Sparkling Lime	1.0	10	Carbonated Australian Spring Water, Natural Flavour, Preservative (202).	NIL
Mount Franklin Lightly Sparkling Wild Berry	1.6	16	Carbonated Spring Water, Natural Flavour	NIL
Mount Franklin Lightly Sparkling Lemon	1.9	19	Carbonated Spring Water, Natural Flavour	NIL
Schweppes Infused Natural Mineral Water with Grapefruit	2.0	20	waiting for manufacturer's information	?
Schweppes Infused Natural Mineral Water with Lime	2.0	20	waiting for manufacturer's information	?
Schweppes Infused Natural Mineral Water with Peach	2.0	20	waiting for manufacturer's information	?
Schweppes Infused Natural Mineral Water with Raspberry	2.0	20	waiting for manufacturer's information	?
Mount Franklin Lightly Sparkling Raspberry & Lemon	2.7	27	Carbonated Spring Water, Natural Flavour	NIL
Mount Franklin Lightly Sparkling Lime	2.8	28	Carbonated Spring Water, Natural Flavour	NIL
Saxbys Diet Ginger Beer	2.0	20	Carbonated water, Sugar, Natural flavours derived from whole ginger and blended ginger extracts, Food acid (330), Preservative (202, 211), Sweeteners (950, 952, 955, 961)	Sugar, Sucralose (955), Cyclamate (952), Acesulphame Potassium (950), Neotame (961)
Diet Rite Zero Sugar Soft Drink Lemonade	2.8	28	Carbonated Water, Food Acid (Citric), Natural Flavour, Sweeteners (952, 955, 950), Preservative (211).	Sucralose (955), Cyclamate (952), Acesulphame Potassium (950)
Sodastream Cranberry & Raspberry Zeros	2.8	28	Water, Acid (citric acid, tartaric acid, malic acid), Black Carrot Concentrate, Acidity Regulator (tri sodium citrate), Natural Flavours, Sweeteners (sucralose, steviol glycosides), Preservative (potassium sorbate), Vitamins (E, B3, B6, D3), Colour (beta carotene).	Sucralose (955), Steviol Glycosides (960)
Saxbys Diet Mandarin	3.0	30	Carbonated water, Food acid (330), Flavours, Preservative (202, 211), Colours (123, 124, 102, 110), Sweeteners (950, 952, 955, 961)	Sucralose (955), Cyclamate (952), Acesulphame Potassium (950), Neotame (961)
Sodastream Pink Lemonade Zeros	3.0	30	Water, Acid (citric acid), Natural Flavours, Acidity Regulator (tri sodium citrate), Natural Flavours, Sweeteners (sucralose, steviol glycosides), Preservative (potassium sorbate), Vitamins (B3, E, B6, D3).	Sucralose (955), Steviol Glycosides (960)
Diet Rite Zero Sugar Soft Drink	3.2	32	Carbonated Water, Food Acid (Citric), Natural Flavours, Sweeteners (952, 955, 950), Preservative (211, 223), Colour (150a).	Sucralose (955), Cyclamate (952), Acesulphame Potassium (950)
Diet Rite Zero Sugar Soft Drink Ginger Beer	3.2	32	Carbonated Water, Food Acid (Citric), Natural Flavours, Sweeteners (952, 955, 950), Preservative (211, 223), Colour (150a).	Sucralose (955), Cyclamate (952), Acesulphame Potassium (950)
Diet Rite Zero Sugar Soft Drink Lemon Lime	3.2	32	Carbonated Water, Food Acid (Citric), Natural Flavours, Sweeteners (952, 955, 950), Preservative (211), Plant Extract.	Sucralose (955), Cyclamate (952), Acesulphame Potassium (950)
Diet Rite Zero Sugar Soft Drink Passionfruit	3.2	32	Carbonated Water, Food Acid (Citric), Natural Flavours, Sweeteners (952, 955, 950), Preservative (211), Colours (Lutein, Carmine).	Sucralose (955), Cyclamate (952), Acesulphame Potassium (950)
Diet Rite Zero Sugar Soft Drink Portello	3.2	32	Carbonated Water, Food Acid (Citric), Natural Flavours, Sweeteners (952, 955, 950), Preservative (211), Colours (123, 133).	Sucralose (955), Cyclamate (952), Acesulphame Potassium (950)
Sodastream Lime Zeros	4.8	48	Water, Acid (citric acid), Natural Flavours, Acidity Regulator (tri sodium citrate), Stabilisers (acacia gum, glycerol esters of wood rosins), Sweeteners (sucralose, steviol glycosides), Colours (copper chlorophyllin, beta carotene), Preservative (potassium sorbate), Vitamins (B3, E, B6, D3).	Sucralose (955), Steviol Glycosides (960)
Sodastream Pink Grapefruit Zeros	4.8	48	Water, Grapefruit Juice Concentrate (5%), Acid (citric acid), Natural Grapefruit Flavour with other natural flavours, Black Carrot Concentrate, Acidity Regulator (tri sodium citrate), Sweeteners (sucralose, steviol glycosides), Colours (caramel I, anthocyanins), Stabilizer (glycerol esters of wood rosins), Preservative (potassium sorbate), Vitamins (E, B3, B6, D3).	Sucralose (955), Steviol Glycosides (960)
Saxbys Diet Cherry Cheer	5.0	50	Carbonated water, Sugar, Food acid (330), Flavours, Preservative (211), Colours (123, 150), Sweetener (952, 954, 961)	Sugar, (954), Cyclamate (952), Neotame (961)
Saxbys Diet Lemonade	5.0	50	Carbonated water, Sugar, Food acid (330), Flavours, Preservative (211), Sweeteners (950, 952, 955, 961)	Sugar, Sucralose (955), Cyclamate (952), Acesulphame Potassium (950), Neotame (961)
Saxbys Diet Lime	5.0	50	Carbonated water, Food acid (330), Flavours, Preservative (202, 211), Colours (102, 132, 133), Sweeteners (950, 952, 955, 961)	Sucralose (955), Cyclamate (952), Acesulphame Potassium (950), Neotame (961)
Schweppes Agrum Citrus Blend, Sugar Free	5.0	50	waiting for manufacturer's information	?
Sodastream Classics Sugar Free Ginger Beer	6.2	62	Water, Natural Flavour, Acid (Citric), Sweeteners (Acesulfame K, Sodium Cyclamate, Sucralose), Stabiliser (Glycerol Ester of Wood Rosin, Acacia Gum), Antioxidant (Ascorbic Acid), Preservative (Potassium Sorbate), Colour (Caramel E150d).	Sucralose (955), Cyclamate (952), Acesulphame Potassium (950)
Schweppes Diet Dry Ginger Ale	7.0	70	waiting for manufacturer's information	?
Schweppes Diet Indian Tonic Water	7.0	70	waiting for manufacturer's information	?
Waterfords Lite & Fruity Sparkling Natural Mineral Water: Lemon Lime Bitters	9.2	92	Carbonated Natural Mineral Water, Reconstituted Juice [Lemon (4.5%), Lime (0.5%)], Natural Flavours, Preservative (211), Sweeteners (952, 955, 950), Natural Colour (163), Food Acid (Citric).	Sucralose (955), Cyclamate (952), Acesulphame Potassium (950)
Waterfords Lite & Fruity Sparkling Natural Mineral Water: Orange Passion	9.2	92	Carbonated Natural Mineral Water, Reconstituted Juice [Orange (4%), Passionfruit (1%)], Food Acid (Citric), Preservative (211), Natural Flavours, Sweeteners (952, 955, 950), Natural Colours (161b, 160a).	Sucralose (955), Cyclamate (952), Acesulphame Potassium (950)
Saxbys Diet Lemon Squash	10.0	100	Carbonated water, Lemon juice (5%), Food acid (330), Preservative (202, 211), Flavours, Colours (102, 133), Sweeteners (950, 952, 955, 961)	Sucralose (955), Cyclamate (952), Acesulphame Potassium (950), Neotame (961)
Saxbys Diet Pineapple	10.0	100	Carbonated water, Orange juice (5%), Sugar, Food acid (330), Flavours, Preservative (202, 211), Colours (102, 110), Sweeteners (950, 952, 955, 961)	Sugar, Sucralose (955), Cyclamate (952), Acesulphame Potassium (950), Neotame (961)
Waterfords Lite & Fruity Sparkling Natural Mineral Water: Tahitian Lime	10.4	104	Carbonated Natural Mineral Water, Reconstituted Juice [Apple (4%), Lime (1%)], Food Acid (Citric), Natural Flavour, Preservative (211), Sweeteners (952, 955, 950), Natural Colour (Plant Extract).	Sucralose (955), Cyclamate (952), Acesulphame Potassium (950)
Woolworths Diet Blood Orange Sparkling Mineral Water	10.4	104	Carbonated Water (Mineral Water (83%), Purified Water), Reconstituted Blood Orange Juice (5%), Acidity Regulator (Citric Acid), Natural Colours (Lutein, Anthocyanins), Natural Blood Orange Flavour, Preservatives (202, 223), Sweeteners (951, 950).	Aspartame (951), Acesulphame Potassium (950)
Waterfords Lite & Fruity Sparkling Natural Mineral Water: Apple Berry	11.6	116	Carbonated Natural Mineral Water, Reconstituted Juice [Apple (4.9%), Raspberry (0.1%)], Food Acid (Citric), Natural Flavour, Preservative (211), Sweeteners (952, 955, 950), Black Carrot Concentrate, Natural Colour (Black Carrot Extract).	Sucralose (955), Cyclamate (952), Acesulphame Potassium (950)
Woolworths Diet Orange & Passionfruit Sparkling Mineral Water	12.0	120	Carbonated Water (Mineral Water (83%), Purified Water), Reconstituted Fruit Juices (Orange (4.5%), Passionfruit (0.5%)), Acidity Regulators (Citric Acid), Natural Flavours, Preservatives (202, 223), Sweeteners (950, 951), Natural Colour (Lutein, Anthocyanins).	Aspartame (951), Acesulphame Potassium (950)
Amplify Kombucha Original	19.7	197	Raw Kombucha (Pure Water, Raw Sugar, Green Tea, Oolong Tea, Puerh Tea, Live Kombucha Culture), Naturally Fermented Glucose (Erythritol), Lemon Juice, Natural Flavours, Black Tea Extract, Natural Sweetener (Stevia) (Lemon Juice is from concentrate)	Erythritol, Stevia (Sugar in Kombucha is apparently fermented out)

This table is not meant to form a complete list of drinks low in sugars and low in kJs. Refer to product labels to check formulations have not changed or to decide about other drinks. This table is subject to change and will be updated when manufacturers supply requested missing or questionable data. 23 Nov 2018