ALCHOLOIC BEVERAGES DRINKS

5GRAMS OF SUGAR OR LESS *with*

Going to a party and want to take drinks that will not spike your blood sugar. Here are a few spiked sparkling drinks. (Please drink responsibly)

Today there is no cure for diabetes. You have the POWER to choose a healthy life free of diabetes. I see a world without diabetes and it starts with your sugar free living. We would love to hear about your progress. Post your successes using **#SugarFreeNation, #SugarFreeGirl, #DiabetesPrevention**

120 Cal • Carbs 5g (5g Fiber) • Fat 0g



Spiked Seltzer

Ingredients:
Sugar (5gr)

100 Cal • Carbs 2g (0g Fiber) • Fat 0g



Truly Spiked & Sparkling
Wild Berry Hard Soda

Ingredients:
Sugar (1gr)

100 Cal • Carbs 1g (0g Fiber) • Fat 0g



Smirnoff; Sparkling
Seltzer Spiked

Ingredients:
Sugar (0 gr)

100 Cal • Carbs 2g (0g Fiber) • Fat 0g



White Claw
Hard Seltzer

Ingredients:
Sugar (4 gr)

93 Cal • Carbs 2.9g (0g Fiber) • Fat



Henry's Hard
Sparkling Water

Ingredients:
Sugar (0 gr)

100 Cal • Carbs 5g (0g Fiber) • Fat 0g • Protein 0.5g



Nauti Seltzer
Hard Seltzer

Ingredients:
Sugar (0 gr)

100 Cal • Carbs 5g (0g Fiber) • Fat 0g • Protein 0.5g



Ketel One Vodka

Ingredients
Sugar (0 gr)

90 Cal • Carbs 5g (0g Fiber) • Fat 0g • Protein 0.5g



Pura Still

Ingredients:
Sugar (1gr)

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