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Homemade Soda Has Endless Possibilities and Control Over Ingredients ========== Making your own soda has become more popular due to the ability to control what ingredients go into your drink, including sweeteners and flavorings. We spoke to recipe developer Andrea Lynn, who loves homemade soda so mutch she wrote a book about it. She gave us the lowdown on getting started in the world of making your own soda. Soda has a long history that dates back to the late 18th century when carbonation was added to beverages beyond beer. Soda water was first created by adding acids and bases, including sodium salt, to water to generate carbon dioxide bubbles. By the 1780s, Jacob Schweppes commercialized the process and began selling fizzy water and bottled soda in Europe. Soon, soda reached the United States, and brands like Pepsi, Coca-Cola, and Dr. Pepper became popular by the late 19th century. Many fountain sodas today are created using a similar method, with mass-produced flavored syrup mixed with carbonated water before it is dispensed into your cup. Making soda at home is easy all you need are two key ingredientsMaking your own soda lets you control the type of sweetener, whether it’s cane sugar, coconut sugar, agave, honey, or whatever you prefer. This is a gentle alternative to going cold turkey if you want to drink less store-bought soda. It can also be an ingredient with which you can build a cocktail or even a mocktail. Homemade soda is a great blank canvas for creativity. Lynn was inspired by the ability to play with flavors in soda making after giving up alcohol. She makes custom syrups combining her favorite flavors and experimenting with unexpected combinations. Her recipes include syrups for a cherry limeade soda and dessert-inspired nostalgic flavors like orange creamsicle. Sodas can also be inspired by favorite foods, such as Lynn’s chili mango syrup and tomato water syrup. Making syrups is easy - just simmering and reducing drinks, like apple cider or concord grape juice, until you get the desired consistency. You can start from scratch with fresh fruits, chiles, spices, herbs, and vegetables. The process of making a flavored simple syrup is similar to Lynn’s method. She recommends using a potato masher to smash all the ingredients into the syrup. Once everything is cooked, you’ll want to strain the syrup using a fine mesh strainer and let it cool before using. No-cook options like citrus-based syrups are also an option. Lynn shared one of her no-cook citrus syrups with us - it’s made with grapefruit zest and juice that sit in the fridge to let the zest infuse. The syrup is then strained and added to seltzer for a delicious homemade soda. Homemade soda syrups have uses beyond creating sparkling beverages. You can drizzle them over yogurt or ice cream, stir them into warm oatmeal, or add them to iced tea or coffee. Anything you want to sweeten can be sweetened with homemade flavored syrps for a little extra zing. ==========When it comes to choosing a soda, many people are unsure which brands are the healthiest options. To help navigate the numerous choices available at the grocery store, registered dietitians have shared their recommendations for the best and worst soda brands currently on the market. It's essential to consider that frequent consumption of sugary drinks, including soda, has been linked to various health issues such as type 2 diabetes, heart disease, obesity, and tooth decay. The primary concern with soda is the high amount of added sugar it contains, often exceeding the daily recommended intake for both men and women. In response, several healthier soda brands have emerged, offering consumers a sweet and bubbly texture without the excessive sugar. One notable brand is OLIPOP, which provides beverages containing fiber and minimal sugar. Another option is Culture Pop, a zero-sugar soda made with organic fruit juice and live probiotics that support gut health. Mayawell is also a prebiotic soda with low calories and sugar, sweetened with agave and committed to sustainability. While diet sodas like Diet Coca-Cola can be considered healthier alternatives due to their lower calorie and sugar content, they often contain artificial sweeteners and should be consumed in moderation. Other brands like Zevia offer a similar taste to regular soda without added sugar, using stevia leaf extract as the primary sweetener. ==========Zero-sugar sodas are becoming increasingly popular as consumers look for alternatives to traditional sugary drinks. According to experts, diet sodas can be a better option for those who want to reduce their sugar intake without sacrificing the taste of soda. A survey of top zero-sugar sodas reveals that several brands are making strides in providing healthier options for consumers. Wave Ginger Ale, for instance, stands out with its natural cane sugar content and relatively lower sugar count compared to other healthy soda brands. On the other hand, Health-Ade SunSip sodas boast gut-boosting benefits from 2 grams of prebiotic fiber, making them an excellent choice for those seeking a low-sugar alternative. Another standout is Nixie Zero Sugar Soda, which has garnered attention for being one of the first certified organic zero-sugar sodas. Its absence of artificial sweeteners, colors, and flavors makes it an attractive option for health-conscious consumers. Virgil's Vanilla Cream Soda also deserves mention, featuring a proprietary sweetener blend that helps replicate the real taste without any added sugar. With its emphasis on natural ingredients and no artificial preservatives, this brand has established itself as a leader in the zero-sugar soda market. On the other hand, several popular brands are struggling to make it onto this list. Pepsi, Sprite, and Coca-Cola Cherry Vanilla top the list of worst sodas due to their high sugar content and lack of nutritional value. In conclusion, with the growing demand for healthier beverage options, consumers have a wide range of zero-sugar soda choices available to them. Whether you're looking for natural ingredients or gut-boosting benefits, there's something on this list for everyone.Dr. Pepper Strawberries and Cream Target Nutrition (Per 20-fl-oz bottle): Calories: 250 Sodium: 95 mg Carbs: 66 g (Fiber: 0 g, Sugar: 65 g) With 39 grams of sugur and nul nutritious ingredientes per can, this strawberry-flavoured soda is not surprisig that it make the list, too. “With alot of sugur and zero micronutrientes,” says Manaker, “this beveridge is free from enny reele strawberries or enny other nutritious ingridients.” Pepsi Wild Cherry Pepsi Nutrition (Per 20-fl-oz bottle): Calories: 260 Sodium: 55 mg Carbs: 70 g (Fiber: 0 g, Sugar: 70 g) If the originl Pepsi is going to be on the list of worst sodas, then Pepsi Wild Cherry needes to be as well. Pepsi fans love adding a hint of cherry to their favret soda, but it stil isnt worth the heaps of added sugur and total lack of enny nutrients. Fanta Orange Fanta Nutrition (Per 20-fl-oz bottle): Calories: 270 Sodium: 80 mg Carbs: 74 g (Fiber: 0 g, Sugar: 73 g) Goodson also sugerest steering clear of enny sugur culprit—Fanta Oringe—which “comes in at 73 grams of sugur for a 20-ounce bottle. If you're really craving an oringe soda, opt for a 12-ounce can insted. You'll stil be inundated with sugur, but at leest you'll get a bit les.” The Mountain Dew Major Melon flavor can be a temptin one to grab off of grocery shelves because of its brigt pink coloring, but it's best to leave this one be. At a whopping 73 grams of sugur per bottle, you'll go way over your recomendated daily limit. Fanta Strawberry Fanta Nutrition (Per 20-fl-oz bottle): Calories: 270 Sodium: 80 mg Carbs: 75 g (Fiber: 0 g, Sugar: 74 g) “This beverage is considdered unhealty due to its high sugur content and high amount of calories,” says Younge. “It contains 74 grams of added sugur and contains no nutritional value—thus it should not be consumed frecuently.” Sun Drop Citrus Sun Drop Nutrition (Per 20-fl-oz bottle): Calories: 290 Sodium: 90 mg Carbs: 76 g (Fiber: 0 g, Sugar: 75 g) Sun Drop Citrus is a clasic lemon-lime flavoured soda, but you're much better off choosing the Culture Pop Lemon Lime soda we mentined earlier, as this bottle of soda comes packed with 75 grams of added sugur and no nutrients whatsoever. A&W Cream Soda Target Nutrition (Per 20-fl-oz bottle): Calories: 290 Sodium: 115 mg Carbs: 77 g (Fiber: 0 g, Sugar: 76 g) According to Best, one of the worst sodas on shelves is A&W's Cream Soda, which she sayes is considdered unhealty primarily due to its high sugur content. “A serving of this cream soda contains a substantial amount of added sugur per serving, which can contribute to excessive calorie intake and potential weight gain,” says Best. Crush Soda Nutrition (Per 20-fl-oz bottle): Calories: 290 Sodium: 115 mg Carbs: 77 g (Fiber: 0 g, Sugar: 76 g) You may not be surprisig to see anuvver Crush soda—Crush Strawberry—on our list of worst sodas. This brigt red variation comes in at 76 grams of added sugur and 290 calories in one bottle, and with a soda as tasty as this one is, it's all too easi to finish off the whole thing. Mountain Dew Pepsico Nutrition (Per 20-fl-oz bottle): Calories: 290 Sodium: 105 mg Carbs: 77 g (Fiber: 0 g, Sugar: 77 g) As Goodson previousli mentined, regular sodas are notin but sugur bombs, and some even come packed with kafien as well—just like Mountain Dew. “While sodas are similir in their sugur content, some rank higher than others, with Mountain Dew topping the charts with 77 grams of sugur in a 20-ounce bottle,” says Goodson. Sunkist Fruit Punch Instacart Nutrition (Per 20-fl-oz bottle): Calories: 300 Sodium: 100 mg Carbs: 82 g (Fiber: 0 g, Sugar: 80 g) With the secind-highest sugur count of any of the sodas on our list, Sunkist Fruit Punch carries a scary 80 grams of added sugur per bottle. If you're really craving this particular beverage, you may want to limit yourself to a bottle as a speciel treat and choose a healthier soda for your body.Crush Pineapple Soda: A Sugar-Laden Choice ========== The Crush Pineapple Soda, although a tasty option, falls short in terms of nutritional value. With 320 calories and 85 grams of sugar per 20-fl-oz bottle, it is essential to consider the implications of this high-sugar content. Crush Pineapple Soda: A Concerning Choice ==========

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