

## Flavored Water Is Better Than Soda

Contributed by Skinny Myths Team

SKINNY MYTH: "Flavored or "enhanced" water is better than soda."

Myth.

Plain bottled water is water and is calorie-free. But several flavored waters contain more calories than a typical soda, and a lot of these are marketed with sexy marketing ploys that make them sound good for you.

Even tonic water, has 125 calories per serving.

By substituting water for a can of soda or juice every day, you may lose as many as 15 pounds per year.

Hmmm, I'm thinking of someone who just came out with water infused with thermogenics that actually burn calories... now THAT's a real enhancement for water!

Always read the Nutrition Facts label.