

Beverages

As part of the Healthy Eating Environments Guideline (HEEG), WRHA sites are working towards offering a greater proportion of healthier beverages and reducing the portion sizes of sweetened beverages. Sweetened beverages refer to those that are sweetened with added sugar (including all forms of sugar, e.g. sucrose, fructose, cane sugar, agave nectar, syrup, honey) or sugar substitutes (e.g. aspartame, sucralose, sugar alcohols, stevia).

To assist sites, the HEEG team has compiled the following list of unsweetened beverages, lower sugar beverages, and beverages sweetened with sugar substitutes currently available from PepsiCo. This list can be used by cafeterias, vending, coffee shops, gift shops, convenience stores and pharmacies to identify and increase the healthier beverages offered. It is meant to be a starting point and is not exhaustive. It will be updated as new beverages become available.

[Canada's Dietary Guidelines](#) recommends water as the beverage of choice “to support health and promote hydration without adding calories to the diet.”¹ Many beverages with sugar substitutes are now available on the market. However, according to the Dietary Guidelines, “as there are no well-established health benefits associated with the intake of sweeteners (i.e. sugar substitutes), nutritious foods and beverages that are unsweetened should be promoted instead.”¹ In order to provide options during Phase 1 of the Healthy Eating Environments Guideline implementation, we have included a list of beverages sweetened with sugar substitutes. However, we encourage sites to promote water as the beverage of choice.

If you have any questions or comments, please contact the HEEG team at HEEG@wrha.mb.ca.

Unsweetened Beverages

Product Name	Flavours Available	Sizes Available
Aquafina water	N/A	500 mL, 591 mL, 720 mL bottles
Aquafina Sparkling Water	Lemon Lime Mango Pineapple Black Cherry Dragonfruit	355 mL slim can 355 mL slim can 355 mL slim can
Montellier carbonated spring water	Unflavoured Lemon Lime	355 mL can, 500 mL bottle, 1 L bottle 355 mL can, 500 mL bottle, 1 L bottle 355 mL can, 500 mL bottle, 1 L bottle
bubly sparkling water	Grapefruit Lime Orange Strawberry	355 mL can 355 mL can 355 mL can 355 mL can
Arto LIFEWTR	N/A	500 mL, 591 mL, 710 mL bottles

Product Name	Flavours Available	Sizes Available
Pure Leaf Iced Tea	Unsweetened Black Tea	547 mL bottle
	Unsweetened Black Tea with Lemon	547 mL bottle
	Unsweetened Green Tea	547 mL bottle
Starbucks Iced Coffee	Black Unsweetened	325 mL bottle
	Cold Brew Black Unsweetened	325 mL bottle

Note: Plain milk and plain fortified soy beverages are also unsweetened beverages. Check the ingredient list to ensure that no sugar has been added.

Lower Sugar Beverages

- Contain no more than 20 g of sugar per bottle/can
- Some beverages contain sugar substitutes (e.g. aspartame, sucralose, sugar alcohols, stevia).

Product Name	Flavour	Sugar	Contain Sugar Substitutes	Size
Brisk Half & Half Iced Tea	Blueberry Lemonade	19 g	X	355 mL slim can
	Cherry Limeade	16 g	X	355 mL slim can
	Lemonade	16 g	X	355 mL slim can
	Tropical Lemonade	16 g	X	355 mL slim can
Dole Sparklers	Cranberry Raspberry	16 g	X	355 mL can
	Orange Tangerine	16 g	X	355 mL can
Gatorade G2 Perform Thirst Quencher	Blueberry Pomegranate	12 g	X	591 mL bottle
	Fruit Punch	12 g	X	591 mL bottle
	Grape	12 g	X	591 mL bottle
	Orange	12 g	X	591 mL bottle
KeVita Sparkling Probiotic Drink *Available through distributors	Blueberry Cherry	7.5 g	X	450 mL bottle
	Lemon Cayenne	1.9 g	X	450 mL bottle
	Lemon Ginger	20 g		450 mL bottle
	Mango Coconut	5.6 g	X	450 mL bottle
	Mojita™ Lime Mint Coconut	7.5 g	X	450 mL bottle
	Pomegranate	9.4 g	X	450 mL bottle
	Strawberry Acai Coconut	7.5 g	X	450 mL bottle
	Tangerine	3.8 g	X	450 mL bottle
Watermelon Rose	0 g	X	450 mL bottle	
Lipton Iced Tea	Lemon	20 g	X	355 mL can
ONE Pure Coconut Water	N/A	17 g		500 mL tetra pak

Product Name	Flavour	Sugar	Contain Sugar Substitutes	Size
Pure Leaf Tea House Collection Organic Iced Tea	Sicilian Lemon & Honeysuckle	20 g		414 mL bottle
	Fuji Apple & Ginger	20 g		414 mL bottle
Starbucks Iced Coffee	Black Sweetened	11 g		325 mL bottle
	Caramel	20 g		325 mL bottle
	Coffee & Milk	6 g		325 mL bottle
	Cold Brew Sweetened	11 g	X	325 mL bottle
7 Up Lemon Lemon Sparkling Lemonade	Lemon	16 g	X	355 mL slim can
	White Peach	16 g	X	355 mL slim can
	Cucumber Mint	16 g	X	355 mL slim can

Beverages Sweetened With Sugar Substitutes

Product Name	Flavour	Smallest Size Available
Aquafina Plus+ Vitamins 10 Cal Vitamin Enhanced Water	Black & Blue Berry Strawberry Lemonade	591 mL bottle
Diet Pepsi	Regular	355 mL can
	Caffeine free	355 mL can
	Max	355 mL can
	Lime	355 mL can
Diet 7 Up	Diet	355 mL can
Diet Mountain Dew	Citrus Charge	355 mL can

1. Health Canada. *Canada's Dietary Guidelines for Health Professionals and Policy Makers*. 2019. Available at: <https://food-guide.canada.ca/en/guidelines/>