

Regular flavours • 2/3 less sugar • No fructose syrup • Very low sodium

Diet flavours • Sweetened with Sucralose + Acesulfame K • No aspartame • Very low sodium

Regular

- Cola*
- Cherry Cola*
- Cranberry-Raspberry
- Cream Soda°
- Fountain Mist*°
(compare to Mountain Dew®)
- Ginger Ale
- Grape°
- Lemon-Lime
- Lemonade°
- Lemon Iced Tea
- Orange
- Orange-Mango
- Peach Iced Tea
- Pete's Choice*°
(compare to Dr. Pepper®)
- Root Beer
- Tonic°
- Orange Grapefruit Sport
- Pink Grapefruit

Diet

- Diet Cola*
- Diet Caffeine-Free Cola
- Diet Cranberry-Raspberry°
- Diet Cream Soda°
- Diet Fountain Mist*°
(compare to Diet Mountain Dew®)
- Diet Ginger Ale
- Diet Lemon-Lime
- Diet Lemonade°
- Diet Lemon Iced Tea°
- Diet Orange
- Diet Peach Iced Tea°
- Diet Pete's Choice*°
(compare to Diet Dr. Pepper®)
- Diet Pink Grapefruit
(compare to Fresca®)
- Diet Root Beer
- Diet Tonic°
- Cola Bold*

MyWater Flavour Essence

- Orange
- Lemon-Lime
- Berry

Sparkling Goodness

- Apple-Mango
- Blackcurrant-Pear
- Lemon-Lime
- Orange-Pineapple
- Pink Grapefruit

SodaStream Green Tea

- Berry
- Citrus
- Pomegranate Peach
- Strawberry Kiwi

SodaStream Clear

- Cranberry-Raspberry
- Kiwi-Pear
- Mango-Apple
- Passionfruit-Mango

° Not yet available in Canada

* Flavors marked with an asterisk contain caffeine



Flavor	Calories	Carbohydrates	Sugar	Sodium	Caffeine
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SodaStream Clear

Cranberry-Raspberry Clear	40	10g	10g	0g	0mg
Kiwi-Pear Clear	40	10g	10g	0g	0mg
Mango-Apple Clear	40	10g	10g	0g	0mg
Passionfruit-Mango Clear	40	10g	10g	0g	0mg

SodaStream Sparkling Goodness

Pink Grapefruit	110	26g	26g	0g	0mg
Black Currant-Pear	100	24g	24g	0g	0mg
Apple-Mango	95	23g	23g	0g	0mg
Lemon-Lime	110	27g	27g	0g	0mg
Orange-Pineapple	100	24g	24g	0g	0mg

SodaStream Green Tea

Green Tea Berry	35	9g	9g	10mg	0mg
Green Tea Citrus	35	9g	9g	10mg	0mg
Green Tea Pomegranate Peach	35	9g	9g	10mg	0mg
Green Tea Strawberry Kiwi	35	9g	9g	10mg	0mg



Nutritional Comparisons: SodaStream® vs. National Brands

Based on an 8 oz. serving Diet flavors are sweetened with Sucralose and Acesulfame K

Regular flavors do not contain fructose syrup.

Flavour	Calories	Carbohydrates	Sugar	Sodium	Caffeine
Classics					
Pepsi®	100	27g	27g	25mg	25mg
Coca-Cola®	100	27g	27g	35mg	23mg
SodaStream® Cola	35	7g	7g	2mg	15mg
7-UP®	100	26g	26g	50mg	0mg
Sprite®	100	26g	26g	45mg	0mg
SodaStream Lemon-Lime	35	9g	9g	25mg	0mg
Barg's® Root Beer	110	30g	30g	50mg	15mg
A&W® Root Beer	120	31g	31g	30mg	0mg
SodaStream Root Beer	35	9g	9g	2mg	0mg
Dr. Pepper®	100	27g	27g	35mg	27mg
SodaStream Pete's Choice *	35	9g	9g	2mg	22mg
Mountain Dew®	110	31g	31g	50mg	37mg
SodaStream Fountain Mist *	35	8g	9g	46mg	36mg
Sunkist®	130	35g	35g	30mg	27mg
Fanta®	110	30g	30g	35mg	0mg
SodaStream Orange	35	8g	8g	25mg	0mg
Canada Dry® Ginger Ale	90	25g	24g	35mg	0mg
SodaStream Ginger Ale	35	8g	8g	20mg	0mg
Schwepes® Tonic Water	90	23g	22g	35mg	0mg
SodaStream Tonic *	35	8g	8g	53mg	0mg
Schwepes® Club Soda	0	0g	0g	65mg	0mg
SodaStream Seltzer *	0	0g	0g	0mg	0mg

Diet

Diet Pepsi®	0	0g	Aspartame	25mg	24mg
Diet Coke®	0	0g	Aspartame	30mg	30mg
SodaStream Diet Cola	0	0g	Sucralose + Acesulfame K	2mg	15mg
SodaStream Cola Bold	0	0g	Sucralose + Acesulfame K	30mg	15mg
Caffeine-Free Diet Pepsi®	0	0g	Aspartame	25 mg	0mg
Caffeine-Free Diet Coke®	0	0g	Aspartame	30mg	0mg
SodaStream Caffeine-Free Diet Cola	0	0g	Sucralose + Acesulfame K	2mg	0mg
Diet 7-UP®	0	0g	Aspartame + Acesulfame K	30mg	0mg
Diet Sprite®	0	0g	Aspartame + Acesulfame K	25mg	0mg
SodaStream Diet Lemon-Lime	3	0g	Sucralose + Acesulfame K	21mg	0mg
Diet A&W® Root Beer	0	0g	Aspartame	70mg	0mg
SodaStream Diet Root Beer	1	0g	Sucralose + Acesulfame K	2mg	0mg
Diet Dr. Pepper®	0	0g	Aspartame	35mg	27mg
SodaStream Diet Pete's Choice *	2	0g	Sucralose + Acesulfame K	2mg	28mg
Diet Mountain Dew®	0	0g	Aspartame, Sucralose & Acesulfame K	35mg	36mg
SodaStream Diet Fountain Mist *	0	0g	Sucralose + Acesulfame K	46mg	36mg
Fresca®	2	0g	Aspartame + Acesulfame K	24mg	0mg
SodaStream Diet Pink Grapefruit	3	0g	Sucralose + Acesulfame K	20mg	0mg
Diet Barg's® French Vanilla Cream Soda®	1	0g	Aspartame	44mg	0mg
SodaStream Diet Cream Soda *	0	0g	Sucralose + Acesulfame K	3mg	0mg
Diet Sunkist®	0	0g	Aspartame + Acesulfame K	85mg	41mg
SodaStream Diet Orange Soda	3	0g	Sucralose + Acesulfame K	25mg	0mg
Diet Schweppe's® Tonic	0	0g	Saccharine	65mg	0mg
SodaStream Diet Tonic *	0	0g	Sucralose + Acesulfame K	31mg	0mg
Diet Canada Dry® Ginger Ale	0	0g	Aspartame	90mg	0mg
SodaStream Diet Ginger Ale *	1	0g	Sucralose + Acesulfame K	20mg	0mg

Other Soda-Club Flavors

SodaStream Orange Grapefruit Sport	35	9g	Sucralose + Acesulfame K	62mg	0mg
SodaStream Pink Grapefruit	35	8g	Sucralose + Acesulfame K	20mg	0mg
SodaStream Cream Soda *	35	9g	9g	20mg	0mg
SodaStream Cherry Cola *	30	8g	8g	25mg	15mg
SodaStream Grape *	36	8g	8g	10mg	0mg
SodaStream Orange Mango	35	8g	8g	9mg	0mg
SodaStream Lemonade *	34	8g	8g	18mg	0mg
SodaStream Diet Lemonade *	0	0g	Sucralose + Acesulfame K	16mg	0mg
SodaStream Lemon Iced Tea	35	9g	9g	19mg	0mg
SodaStream Peach Iced Tea	35	9g	9g	21mg	0mg
SodaStream Diet Lemon Iced Tea *	0	0g	Sucralose + Acesulfame K	15mg	0mg
SodaStream Diet Peach Iced Tea *	0	0g	Sucralose + Acesulfame K	19mg	0mg
SodaStream Cranberry-Raspberry	35	9g	9g	5mg	0mg
SodaStream Diet Cranberry-Raspberry *	0	1g	Sucralose + Acesulfame K	6mg	0mg

MyWater Flavor Essences

MyWater Lemon-Lime	0	0g	Unsweetened	0mg	0mg
MyWater Berry	0	0g	Unsweetened	0mg	0mg
MyWater Orange	0	0g	Unsweetened	0mg	0mg

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