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Thread: [Your go to non-alcoholic beverage?](#)

SpiritualDose - January 9, 2023, 8:38 pm

So I get a ton of shit from my friends about this lol. To preface, I'm 1 year sober in 24 minute (on Jan 10th) from Alcohol and Cocaine. So I obviously drink non-alcoholic beverages but they give me shit for drinking seltzer / soda water.

I drink Polar / Pellegrino / Aha Bubbly

I usually have a few cases of non-flavored straight Polar Seltzer water and the occasional flavored ones like black berry, lime, and this awesome one that's orange vanilla.

When I go out, I order club soda with a lime and people look at me crazy but personally I fucking love it lol.

Does anybody else drink soda water?

trojohn - January 9, 2023, 8:45 pm

If it's not alcohol, it's milk. Semi-skimmed.

Calcium, vitamin D, protein. Why would I waste my limited number of gulps per day on something with zero benefit?

Congratulations on the year. You should be insanely proud of yourself brother.

Rahul007rhp - January 9, 2023, 8:49 pm

Whey protein with a daily bit of exercise is my go to non alcoholic drink goes well with milk. I also drink abit of Monster energy and Redbull to hang around

cicadamikoto - January 9, 2023, 10:04 pm

Probably ooi-ocha or jasmine tea

Grey Goose - January 9, 2023, 11:00 pm

Something as simple as water. Besides of that I drink quite a fair bit of Pepsi Max and zero cal energy drinks.

Itachi Uchiha - January 10, 2023, 1:37 am

Alcohol probably, who's tryna stay sober. I drink a lot of water too.

iiFinance - January 10, 2023, 6:23 am

Besides water - coffee I like and zero gatorade.

I only drink/eat things that will benefit me in someway. No sugar, no soda, etc. If I'm out at a bar it's usually vodka soda's.

pms - January 10, 2023, 6:45 am

Water or a swedish soda called "portello", shits amazing.

bevc - January 10, 2023, 7:01 am

Congrats on the sobriety, I'm coming up on 9 years sober now.

The only things I ever drink are water, coffee, and tea. I do like fruit juice, but I'm a tight-fisted bastard so I never buy it.

Vibe - January 10, 2023, 7:04 am

Chocolate milk is super fire not a fan of soda water my self

Royal ! - January 10, 2023, 7:19 am

Chocolate milk is good, and another one is lemon lime.

kalaaws - January 20, 2023, 8:38 pm

seltzer waters the way to go fr, when i want to cheat diet ginger ale

LinK - January 20, 2023, 8:52 pm

Bang Energy Whole Lotta Chokolatta

mdkgr321 - January 21, 2023, 12:04 am

Maybe redbull or water, even though it's all in your minds.

Dadukey - January 21, 2023, 9:04 am

Iced Tea with extra sugar.

OneSkaw - January 21, 2023, 10:49 am

iced coffee or either water for me, distilled then mineralized.