

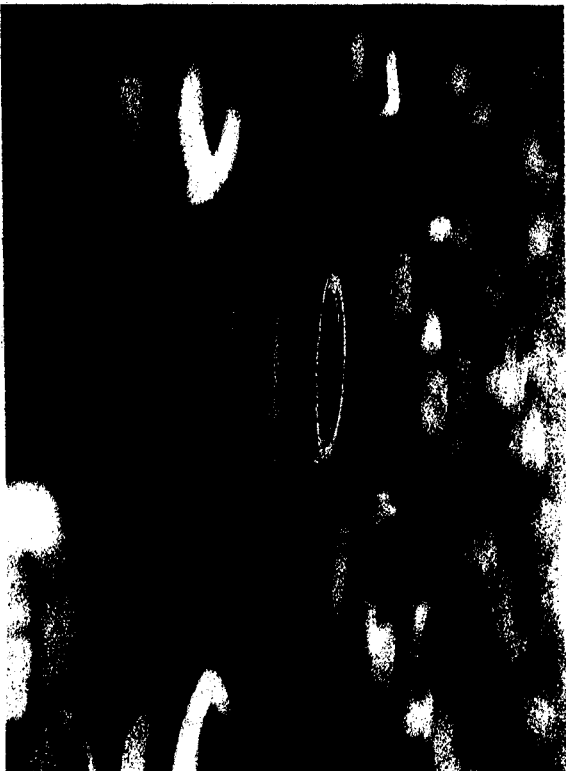
Hoppy new beer

Tips for integrating brews into a healthy resolution

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A 2011 survey by Virgin Mobile Canada claimed that while 51 per cent of Canadians typically make New Year's resolutions, 52 per cent of those break them by the end of January. Undoubtedly, many such failures will involve pledges to drink less, lose weight or live a healthier lifestyle. So, what's a beer lover to do? The good news is that if you've made a health-related New Year's resolution, you can keep tasting beer and still succeed in your goals. Indeed, many studies have shown the health benefits of moderate beer consumption. The key is not just to drink less, but to drink better as well.

Healthier beer — Not all brews are created equal. If you're reducing the volume you drink, also choose brands that are healthier. Because most of the health benefits of beer are derived from the grains used to brew it and the yeast used to ferment it, all-malt and unfiltered beers will prove more effective than filtered brews made



If you choose quality beer, you won't have to sacrifice much quantity.

with sugars, rice and corn. Plus, unfiltered, all-malt beers not only have stronger nutritional qualities, they typically taste better. And, if you're making specific dietary changes, there are certified organic, gluten-free and even kosher beers to suit whatever diet you may adopt.

Lower your alcohol consumption —

Most of the calories in beer come from alcohol, so if you drink lower-alcohol beer, you can drink more without increasing your calorie intake. While many craft beers seem to be getting higher in alcoholic strength, there are plenty of delicious crafts that are four per cent or lower.

Pay for enjoyment, not volume — Don't buy the cheapest beer and don't

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order the biggest size just because it works out to be a better deal. Most places charge between two-thirds and three-quarters of the full price for a beer that is half size (Beer Revolution on the corner of 11th Avenue and Eighth Street S.W. is a notable exception, charging only half the price of a full beer for a half size serving). But, even if it costs a little bit more, drinking smaller beers allows you to try a greater variety of products, which is going to make you happier and keep

you within your healthy limit. It's worth the extra money.

Also, don't be afraid to walk away from a beer that you're not enjoying anymore. Whether it's after only a few sips or when there's only a little bit left, not drinking beer that's not giving you pleasure anymore is a good way to reduce your caloric intake. Ditching an unpleasant beer isn't a waste of money, but finishing it is a waste of your daily calorie limit. Cheers to your health.

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