



WE ALL LOVE
A NICE, COLD BREW.

BUT WHILE YOU SAVOR THOSE SWEET SIPS,
STUDY UP ON THESE FUN FACTS AND HEALTHY TIPS FOR YOUR NEXT
NIGHT OUT ON THE TOWN.



AMERICANS SURE DO LIKE THEIR BEER!

U.S. BREWERS USE AN AVERAGE OF

6 BILLION POUNDS

OF BEER-MAKING GRAIN PER YEAR.



CALIFORNIA REPUBLIC

CALIFORNIA

LEADS THE U.S. WITH THE MOST NUMBER
OF BREWERIES, AT **219**.



IN A U.S. BAR

**AVERAGE PRICE
OF BEER**



IN N.Y.C.

ON **Super Bowl Sunday** ALONE,

AMERICANS DRINK AN AVERAGE OF

325.5 MILLION

GALLONS OF BEER.

(THAT'S 493 OLYMPIC-SIZED SWIMMING POOLS!)



IF YOU STACKED ALL THE BEER CANS CONSUMED
BY AMERICANS IN ONE YEAR, YOU COULD REACH

THE MOON - 20 TIMES!



THAT'S A HECK OF A LOT OF BEER.

SEE HOW YOUR GO-TO CHOICE STACKS UP AMONG THE REST.



BECK'S LIGHT

64 CALORIES
3.7G CARBS



AMSTEL LIGHT

95 CALORIES
6G CARBS



ROLLING ROCK

120 CALORIES
7G CARBS



GUINNESS

125 CALORIES
10G CARBS



BUDWEISER

145 CALORIES
11G CARBS



SIERRA NEVADA IPA

231 CALORIES
20G CARBS

*FOR A 12 OUNCE SERVING

DRINKING BEER INSTEAD OF A MIXED COCKTAIL CAN SAVE YOU
OVER 150 CALORIES EACH DRINK!

MAKE THE SWAP EVERYDAY OVER THE NEXT 3 MONTHS AND YOU'LL SAVE

*** 10,000 CALORIES ***

THAT'S THE EQUIVALENT OF 3 POUNDS OF BODY WEIGHT!



BEER, ON ITS OWN, HAS ALMOST
ALL OF THE MINERALS
NEEDED FOR SURVIVAL (WHOA!)



ACCORDING TO A 2009 STUDY IN
THE NEW ENGLAND JOURNAL OF MEDICINE,
MODERATE BEER DRINKERS HAD
BETTER COGNITIVE FUNCTION
THAN NON-DRINKERS.



BEER CONTAINS ANTIOXIDANTS, IN PARTICULAR-

*** "POLYPHENOLS" ***

SUBSTANCES THAT PROTECT AGAINST THE
DAMAGING EFFECTS OF OXYGEN AND
NITROGEN IN THE HUMAN BODY - WHICH
HELP **PREVENT HIGH CHOLESTEROL, HEART**
DISEASE, CANCER AND ALZHEIMER'S DISEASE.



THE AMOUNT OF ANTIOXIDANTS DEPENDS ON THE BEER.
DARKER BEERS, MICROBREWS, AND CRAFT BEERS HAVE
THE MOST DISEASE-FIGHTING ANTIOXIDANTS AND IRON.

SOURCES

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SCIENTISTS HAVE DISCOVERED
A FLOATING **ETHYL ALCOHOL**
SPACE CLOUD - CONTAINING
ENOUGH TO PRODUCE
400 TRILLION PINTS
OF BEER.

(GUESS THE MAN ON THE MOON IS
HAVING A FUN TIME UP THERE!)

PRESENTED BY



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