

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**

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



**AVERAGE PRICE** \* OF BEER \*



IN A U.S. BAR

IN N.Y.C.

ON SUPER BOW SUNDAY ALONE,

AMERICANS DRINK AN AVERAGE OF

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!

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

THAT'S A HECK OF A LOT OF BEER.



3.7G CARBS

64 CALORIES



95 CALORIES 6G CARBS



120 CALORIES **7G CARBS** 

THE

OLDEST

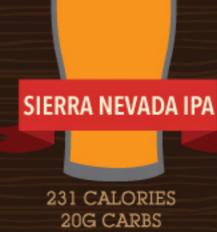


10G CARBS

HARD TO COME BY.)



145 CALORIES 11G CARBS \*FOR A 12 OUNCE SERVING



DRINKING BEER INSTEAD OF A MIXED COCKTAIL CAN SAVE YOU

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!



NEEDED FOR SURVIVAL (WHOA!) ACCORDING TO A 2009 STUDY IN



BETTER COGNITIVE FUNCTION

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** 



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