








How to choose... BEER

Sorted by kJ per bottle/can

Brand/name	Pack	Alc/ Vol	per bottle				Tasting notes
			Std drinks	kJ	Carbs g	-sugars g	
 Mac's Light Low alcohol	6 x 330ml	1.0%	0.3	182	5.0	<0.6	crisp and light; doesn't taste low alcohol
 Amstel Light Lower alcohol	6 x 330ml	2.5%	0.7	364	8.6	2.6	mellow with bite; refreshing
 Clausthaler Low alcohol	4 x 330ml	<0.5%	0.1	379	17.5	9.9	dry mellow flavour; light on the palate
 Haagen Low carb	6 x 330ml	4.0%	1.0	386	4.0	1.2	a light refreshing beer
 Mac's Spring Tide Lower carb	6 x 330ml	4.5%	1.1	437	5.4	0.4	light with a bigger bite
 Amstel Premium Lower carb	6 x 330ml	4.7%	1.3	442	5.3	trace	clean taste; minimal after-taste
 Pure Blond Low carb	6 x 335ml	4.6%	1.3	447	3.6	0.2	quite flavoursome; dryer
 Steinlager Pure	6 x 330ml	5.0%	1.3	558	10.2	<0.6	classic beer with a stronger rounded flavour
 Carlsberg	12 x 330ml	5.0%	1.3	578	8.6	1.0	richer, denser flavour; full bodied
 Monteith's Radler	6 x 330ml	5.0%	1.3	640	15.2	7.6	refreshing lime flavour! one for the girls (according to the girls)

Purchased from New World College Hill Auckland and Woolworths Grey Lynn, September 2007
(These examples were chosen to illustrate the types of products available – there are many more)