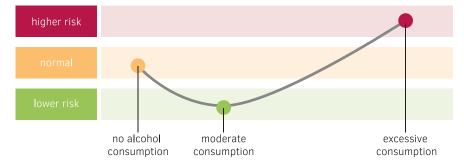


BEER AND A HEALTHY LIFESTYLE

Moderate beer consumption can be part of an adult's healthy lifestyle and can have health benefits. Moderate beer consumption can fit in a healthy lifestyle. Moderate drinking may lower the risk of cardiovascular disease, type 2 diabetes and dementia. For people who don't want to consume alcohol, non-alcoholic beer can be a good alternative. There is no doubt that heavy drinking can Don't drink cause damage in the short and the breastfeeding if you are: underaged driving pregnant or long term. trying to conceive

Moderate alcohol consumption reduces the risk of all-cause mortality.







This infographic has been prepared by Kennisinstituut Bier and validated by the Beer & Health Scientific Committee. The scientific research it is based on can be found in the Beer and Health booklet on www.beerandhealth.eu.
Potential health effects only apply to moderate beer consumption by adults. This is defined in this infographic as no more than two 25 cl drinks of 5% beer (or two 33 cl drinks of 3.8% beer, or two 10 cl drinks of 13% wine) daily for men and one for women. This may vary for one's age, size and overall health. An otherwise healthy lifestyle is strongly advised. For personal guidance, check with your general practitioner. Please note this does not constitute a drinking guideline. All statements form this infographic are backed-up by science that can be retrieved on www.beerandhealth.eu.