

# 11 Low Carb Non-Alcoholic Beers That Won't Make You Fat

Who can resist the taste of a fresh, crisp glass of beer? But, of course, we all know there are some reasons you just can't afford to overindulge in alcoholic brews. The alcohol itself can cause issues, and so can the calories that it adds to the equation.

There are seven calories in each gram of beer. This leads many people to believe that non-alcoholic beer is lower in calories than beer with alcohol. However, it is important to know that many non-alcoholic beers have added ingredients that add calories and carbs to the mix.

These extra ingredients are added for taste and sometimes in place of alcohol. For people on certain diets, who are watching their carb intake, or have diabetes, it is important to read the labels on the beer to be sure of what is actually in the brew you are choosing.

If you're watching your carb intake, some non-alcoholic beers do a much better job than others when it comes to creating a great beer without alcohol and little carbs that taste good too.

Let's take a look at eleven of the best low-carb beers that won't make you fat.

## 11. Surreal Juicy Mavs Hazy IPA -- 4.9 Carbs

Juicy Mavs is a Hazy IPA, making it a great summer beer. It is a relatively well-received non-alcoholic beer with a good traditional hazy look and a fruity, somewhat juicy appeal. This is a good social beer and works well with foods you would find at a cook-out in the summertime.

It might come off as a little bit light on the flavor side to some, but it has a good mouthfeel and decent taste, especially for a non-alcoholic brew. If you are looking for a fresh, crisp drink after mowing the lawn, you will never even notice the slightly lighter flavor when you crack this one open.

## 10. Heineken 0.0 -- 4.8 Carbs

While mass-produced beers don't normally hold up well when compared to their craft-brewed counterparts, Heineken 0.0 does a better job than most. One of the best things about finding a drinkable, mass-produced non-alcoholic beer is that it is widely distributed and often available on pretty much any bar or restaurant menu.

This is a great beer for a date night, or when you're at the bar for a game. It's also a great one to keep in your back pocket when you get caught out at a bar and need to be the designated driver.

## 9. Estrella Galicia 0.0 Non-Alcoholic Lager -- 4.7 Carbs

This is a floral, hoppy non-alcoholic import from Spain. The brewers use an interrupted fermentation method to produce a super low alcohol content beer. Many drinkers think it tastes like nuts and corn syrup, which doesn't make it delightful, but most still consider it drinkable.

This is also a good replacement lager for a one-time situation, but it probably wouldn't turn into your go-to. It's not a bad beer or offensive; it just isn't outstanding or remarkable in any tangible way.

## 8. Partake Non-Alcoholic Red Ale -- 3 Carbs

Partake Non-Alcoholic Red Ale is the newest offering from Partake Brewing. This is a well-liked non-alcoholic option that is brewed with five malts. Partake has worked hard on a beautiful look and a great smooth body with this brew. The best part is that it only has three carbs.

With caramel malt and toast hints, this is similar to an English or Irish ale. Partake Brewing is based out of Canada. They are an award-winning brewery that uses all-natural ingredients to create low calorie, low ABV (alcohol by volume), and great-tasting brews. This isn't just a replacement beer; it is actually a good beer in its own right.

## 7. Partake Non-Alcoholic IPA -- 3 Carbs

This is another great option from Partake Brewing that also only has three carbs. Partake brings you a mildly bitter IPA that packs a ton of citrusy notes. It is a light, dry, very drinkable beer that you will want to sip all day. With this low of a carb count, only ten calories, and no fat, that's not too bad of an indulgence.

Partake Non-Alcoholic IPA is a fresh, effervescent beer that you will find refreshing and be able to enjoy anywhere.

## 6. Surreal Natural Bridge Non-Alcoholic Kolsch -- 2.8 Carbs

Surreal Natural Bridge Non-Alcoholic Kolsch is a very malty beer with hints of honeydew melon. It promises and delivers a refreshing and crisp finish. It is often paired with lighter meat and cheeses and can be very good with a meal.

This non-alcoholic brew stands out as a beautiful clear, yellow to orange colored beer. It has a decent smell and taste. It is generally well-received by most drinkers, although some might find it to be a bit too light or too watered down. Note also that this beer is meant to be enjoyed at 55° to 65° F. When the beer is served too cold, it really downplays the unique flavor.

## 5. NA Brewing NaNaNa Non-Alcoholic IPA -- 2.3 Carbs

Non-Alcoholic Brewing Company is the first brewery fully dedicated to producing great non-alcoholic beers in the Sunshine State. Well known locally, especially throughout the local food establishments, their NA Brewing NaNaNa Non-Alcoholic IPA comes in with just 2.3 carbs per serving.

NA Brewing NaNaNa Non-Alcoholic IPA has lots of exciting tropical, citrusy hop flavors like mango and pineapple. It has a good balance between bitterness and the intensity of its hops. Most drinkers tend to enjoy this beer.

## 4. BrewDog Punk AF Non-Alcoholic IPA -- 2.3 Carbs

BrewDog Punk AF Non-Alcoholic IPA is an American-style beer brewed by a multinational brewing company based in the United Kingdom. It is a well-liked clear golden beer that has a light and refreshing body with a good taste and mouthfeel. While it might seem a bit light for some people, it has citrusy and tropical hops, and the taste is certainly there.

In 2019, BrewDog had the best-selling craft beer in the UK, so you can expect good things from their non-alcoholic brews as well. This is a great non-alcoholic beer that looks, smells, and tastes like regular alcoholic beer.

## 3. BrewDog Nanny State Non-Alcoholic IPA -- 2.3 Carbs

Made with North American hops and a vast array of specialty malts, BrewDog Nanny State Non-Alcoholic IPA pushes the limits with bitterness. A light brown to hazy gold color, the beer

smells of citrusy hops. You will taste the citrusy hops along with caramel, orange, and molasses. This is not a sweet beer at all and definitely delivers on its bitter promise.

BrewDog is a well-known and widely distributed international brand. They have done a good job of creating a non-alcoholic craft beer that is low in carbs and still really delivers a good taste that the average drinker can enjoy.

## 2. BrewDog Elvis AF Non-Alcoholic IPA -- 2.3 Carbs

Another BrewDog IPA that comes in at just 2.3 carbs is BrewDog Elvis AF Non-Alcoholic IPA. It is a nice-looking beer that tastes of grapefruit with hints of caramel malt. It is super fresh, crisp, and refreshing. BrewDog Elvis AF Non-Alcoholic IPA is so good that it can compete with its alcoholic counterparts.

BrewDog Elvis AF Non-Alcoholic IPA lives up to the company's reputation as an outstanding craft brewer. The company has committed to brewing the finest non-alcoholic brews and even opened its first alcohol-free bar in the UK in 2020.

## 1. Partake Non-Alcoholic Blonde Ale -- 2 Carbs

When it comes to low carb, non-alcoholic beers, the clear winner in terms of the numbers is Partake Non-Alcoholic Blonde Ale, with just two carbs per serving. The great thing about this one is that you can trust Partake Brewing Company to put out a nice product that most drinkers will enjoy.

Partake Non-Alcoholic Blonde Ale is a light golden beer with a crisp, light body. The beer has a good and non-offensive taste but is definitely a light option. However, this is a great option to try because the taste is generally pleasant, and you won't likely find a better carb count on non-alcoholic beers that taste better than this one.

## Which Is The Best Low-Carb Non-Alcoholic Beer?

Beer, non-alcoholic or otherwise, is really a matter of personal taste and personal preference. However, you can generally trust that certain brewers, such as Partake Brewing Company, BrewDog, and Surreal Brewing, will bring you great products. They all produce well-liked and respected beers with fairly low carb counts.

Try a couple of these from our top ten list, whether it's one that fits your preferred style of brew or you're trying something new; sample them all and see which one stands out best to you.