

# Beer without the Belly

## Six beers for your next six-pack



It's summer, everyone is eager to hangout outside with friends whilst enjoying their favorite drinks. There's little that's more refreshing than taking a sip of a cold beer on a hot day. Do you want to enjoy hops without hopping up your calories? So do we. That's why we've curated a list of low-calorie brews that will suit your palate and your diet.

### **Budweiser Select 55, 55 calories**

This golden beer is rich in toasty malts but low in hoppiness (and calories). Along with the lower calories, comes lower alcohol content. This beer is easy to drink and crisp, best enjoyed cold. Nevertheless, it's a beer for the belly's bargain.

### **Jester Le Petit Prince, 79 calories**

If you're missing craft beers, Jester's Le Petit Prince ends your longing. This beer does not skimp on taste, as a Belgian Saison, it offers a complex flavor of hops and farmhouse yeast. Given that this is considered a table beer, it has a lower alcohol content, which makes it a great dinner beer.

### **Amstel Light, 95 calories**

For a meager 16 calorie increase, we have Amstel Light. This darker beer holds grassy notes but leaves us with a metallic aftertaste. It fills that craving for a sweeter malt pint. Despite being a light beer, Amstel Light packs considerable flavor. A tasty beer, Amstel may be, but with 5 grams of carbs per bottle, keep an eye on this one.

### **Kona's Kanaha Blonde Ale, 99 calories**

This American Blonde ale gives you a mild tropical taste with a refreshing end. Being a sessionable beer, Kanaha Blonde Ale is the perfect six-pack that won't put a dent in your six pack. We suggest adding lime to give it a citron boost.

### **Green's Trailblazer, 119 calories**

If you're looking for a low-carb, gluten-free beer, Green's Trailblazer is your next go-to brew. With a refreshing taste and fruity notes, Trailblazer finishes crisply. Although it is nearly as caloric as many popular beers on the market, Green's cuts us a break with a carbohydrate content of .5.

### **Guinness Draught, 125 calories**

Notoriously known for being one of the darkest beers, the world famous stout is lusciously creamy and malty with a dry finish. If you have been missing the mesmerizing Guinness pour, have no fear, it's a calorie-friendly beer. In terms of calories, Guinness may not be your best friend but may it be a friend that you visit every now and then. Since stouts are considerably heavy, you're less likely to imbibe a copious amount...so maybe, in the end, the calories won't accrue.

## Takeaway

Thanks to our list, you'll be able to enjoy the buzz without the bloat. One takeaway is that if a label contains "light," it's likely low in carbs. So, the next time you pop-the-top on a beer, don't forget about our list.