



Sponsored Links:

IOL Travel

Personal Finance

IOL Lifestyle

Motoring

SciTech

Tonight

# BUSINESSREPORT

## Advertorial

Can an Ocean Basket survive travelling overseas?


 All Char


Home

**Business News**

Personal Finance

Companies

Markets

Indicators

International

Opinion

Financial Tools

SA Time: Mon Feb 06 2012 10:06:36 GMT+0100 (CET)

## A pint of beer a day keeps the doctor away, says study

February 6 2012 at 05:00am

We have long been told that a glass of red wine is good for our health, but an increasing number of clinical studies show that beer can have even greater benefits.

"Beer has a bad image – it is more often associated with drunken football crowds than health-conscious, discerning drinkers," says George Philliskirk of the Institute of Brewing and Distillery, who specialises in yeast research. "But when drunk in moderation, it provides a wider range of health benefits than wine."

"It need not be an expensive beer, just don't drink so much you cancel out the benefits, he says. "This means no more than a pint (568ml) a day for a woman and between one and two pints, depending on its strength, for a man."

Glass for glass, he says, "beer is less calorific than wine. It is the lifestyle that gives a beer drinker a belly, not the drinking itself.

"Although the volume of beer consumed is generally more than wine, if you limit yourself to a pint a day you are consuming only a few more calories than if you drank a large glass of wine."

Beer contains about 750 kilojoules a pint, while a large glass (250ml) of red wine contains 670kJ and 630kJ in white.

A single pint of beer is more effective at rehydrating the body than the equivalent amount of water, a study at the University of Granada in Spain has shown.

Philliskirk says a pint of beer could provide about 10 percent of the recommended daily intake of some B vitamins. – Daily Mail



IOL Newsletters

Click here to Sign up now

Recommend

Be the first  
of your

Share |



Facebook



Twitter



Google



Yahoo



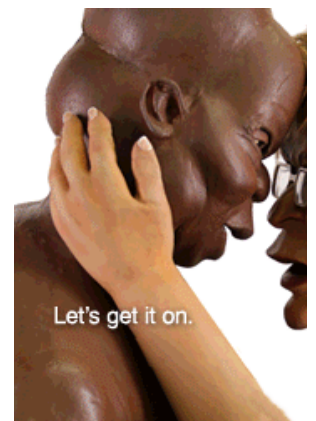
Reddit



del.icio.us

Email

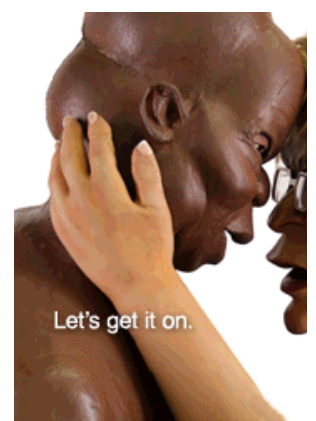
Print



Most Viewed

Most Comm

- ➔ Med schemes can refuse t
- ➔ Use financial managemen
- ➔ Vehicle prices increase slc
- dealers offer incentives
- ➔ New car accident app acce
- claims
- ➔ Greek PM sets bailout dea



Join us on

Newsletters  
Subscribe

Services

➔ Family funeral

