

# Holiday Dining

## Ring In The Holidays While Living The Low Carb Life



(NAPSA)—Depending on whom you ask, there are as many as 35 million Americans currently following a low-carb diet, whether it's Atkins, The South Beach Diet, The Ketogenic Diet or just embarking on a self-imposed carb exile. In fact, these diets have grown so much in popularity that, according to a 2003 Gallup poll, 56 percent of current dieters say it is important to limit carbs when trying to lose weight.

What most carb counters do not realize is that it may not be as hard as you think to stay low carb this holiday season. In a recent survey by Ipsos Public Affairs measuring the public's knowledge about the carb count of popular beverage alcohol options, 63 percent of people incorrectly believe that wine and beer are lower in carbs than spirits like vodka, tequila, whisky and gin.

Spirits such as Smirnoff®, Jose Cuervo®, Crown Royal®, Johnnie Walker®, and Tanqueray® have zero carbs per serving, a fact of which many low-carb watchers and party planners are unaware.

Nearly 58 percent of people would consider having low-carb options at their holiday party this year. This is great news for anyone following a low-carb diet who dreads watching friends and family chow down on chips, bread sticks, cookies, candy, eggnog and beer while they are stuck in low-carb no-man's land.

But with a Smirnoff Lean Martini, a Johnnie Walker and Ginger and a Crown Royal and Club Soda all having zero carbs per serving, the holidays can still be fun, even if they are low on carbs. Furthermore, unlike many low-carb versions of traditional products, these classic drinks don't sacrifice taste for carbs.

Here are just a few zero-carb cocktail recipes for your next holiday gathering:

### **Smirnoff Citrus Twister**

**1.5 oz. Smirnoff Citrus Twist vodka**  
**3 oz. club soda**  
**Calories: 87**  
**Carbs: 0 grams**

### **Johnnie Walker Red Label and Ginger**

**1.5 oz. Johnnie Walker Red Label**  
**3 oz. diet ginger ale**  
**Calories: 96**  
**Carbs: 0**

### **Smirnoff Lean Martini**

**1.5 oz. Smirnoff vodka splash Vermouth lemon peel garnish**  
**Calories: 99.5**  
**Carbs: 0.1 grams**

### **Crown Royal and Soda**

**1.5 oz. Crown Royal**  
**3 oz. club soda**  
**Calories: 96**  
**Carbs: 0 grams**

### **Low Carb Mexi Cola**

**1.5 oz. Jose Cuervo Clásico**  
**3 oz. diet cola**  
**Calories: 96**  
**Carbs: 0**

### **Tanqueray and Tonic**

**1.5 oz. Tanqueray**  
**3 oz. diet tonic**  
**Calories: 114**  
**Carbs: 0**

Each of these cocktails contains a typical serving of alcohol, so please drink responsibly.

For more information on how to plan a low-carb party this holiday season, visit [www.lowcarbparties.com](http://www.lowcarbparties.com).