

# AMERICA'S HEALTHSTYLES

## Spring Into Moderation

(NAPSA)—For many people, the first warm days of spring are a signal it's time to get outdoors and get moving.

That's also when many people turn to foods and beverages that reflect a healthier, more active lifestyle.



**A growing number of people are finding beverages that go easy on the alcohol can make for more enjoyment and fewer calories.**

Whether it's walking, jogging, sailing or softball, an active lifestyle can often make people want to eat lighter and drink lighter.

For example, beverages that go easy on the alcohol can make for more enjoyment without the concern about the empty calories often associated with alcoholic beverages.

One alternative may be found in a non-alcoholic beer, such as Clausthaler. One of the best-selling non-alcoholic brews in the world, it's brewed according to the "*Reinheitsgebot*" proclamation of 1516 made by Duke Wilhelm IV of Bavaria, stating "...no other ingredients shall be used for making beer, but only barley, hops, yeast and water."

A 12-ounce bottle of Clausthaler, either Golden Amber or Premium, has only 96 calories—40 percent fewer calories than a full-strength beer. The award-winning Binding Brauerei spent nearly a decade developing a product that is said to please the palate of those who enjoy German beer.

The brewery is proud to point out that the alcohol is not removed from this beer since it is brewed in a way that never lets the alcohol develop.

To learn more, visit the Web site at [www.clausthalerusa.com](http://www.clausthalerusa.com).