

Esquire

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Guess What? Beer Is Good for You.

The Healthiest Beers on Earth

For years, red wine has gotten an easy pass as a heart-healthy beverage when consumed in moderation. Beer, meanwhile, is portrayed as a gut-expanding, carb-loaded concoction that surely can't be good for you. It's time to set the record straight: Most American ales and lagers contain fewer calories than an equal-size serving of orange juice or two-percent milk — you know, the stuff you feed your kids? And when you factor in probiotic yeasts, fiber-rich barley, and added antioxidants from ingredients like pomegranates and blackberries, beer suddenly looks downright healthy. So through a little quasi-scientific analysis, we've gone ahead and compiled the fourteen most medically sound brews around. You can finally be proud to tell your doctor, yes, you have been drinking.



We don't usually judge a brew by its nutrition label, but if you're going to anyway, these are your best (and best-tasting) options — rated on our beer expert's quasi-scientific pint scale, from not terrible for you to actually pretty good. Bottoms up.

By Evan S. Benn

He'Brew Rejewvenator '10

Simply put, Shmaltz Brewing Co.'s beers are full of shtick, as is the case with this doppelbock-dubbel hybrid brewed with 600 gallons of Concord grape juice (the kind used in the Passover-friendly Manischewitz wine). Gimmicky or not, this beer really tastes good, proving that grape juice is just as deliciously healthful in beer as it is in wine.

Special ingredients: Concord grape juice