

Ocsobering this month?

ARE YOU A BEER LOVER?

We have compiled a sobering list of non-alcoholic alternatives for you that you can find in Supermarkets and Liquor Stores all over South Africa. Now you can party guilt free with your friends and still be the designated driver at the end of the night!

We were amazed at all the choices available. The beer and cider alternatives you find on the market are surprisingly satisfying, but is alcohol free beer really alcohol free? Non-Alcoholic classification in the Foodstuffs Act is a product of which the alcohol is above 0.05% but 0.5% or less. The term ABV stands for Alcohol by Volume and implies how many grams of ethanol alcohol there is per 100ml. Typically then, if it is 6% ABV this means that there are 6 grams of ethanol alcohol per 100ml total volume. Remember that ethanol alcohol also provides you with 7 calories per gram of pure alcohol.

The difference between LOW ALCOHOL, ALCOHOL-FREE AND NON-ALCOHOLIC is as follows:

Low Alcohol: Drinks containing between 0.5% and 1.2% ABV

De-Alcoholised : Drinks containing less than 0.5% ABV.

Alcohol-free: Drinks containing less than 0.05% ABV or less.

So what's the difference between "alcohol-free" and "non-alcoholic"? The term can be quite confusing. To be classified as "alcohol-free" the term should only be applied to a drink from which alcohol has been extracted if it contains no more than 0.05% ABV. "Non-alcoholic" means there is no alcohol in the product whatsoever. Like ginger beer or non-alcoholic wine used for sacramental use which is actually just unfermented grape juice. Other than that there is no specific bylaws in South Africa about how to differentiate between the two terms.

SEE A LIST OF YOUR OPTIONS ON THE NEXT PAGE.

KNOW YOUR OPTIONS

BEER	Price	Unit	ABV	Per 100ml		Per 500ml	
				Energy	Carbs	Energy	Carbs
Eichbaum Alcoholfrei	R9.99	500 ml	0%	19 kcal	4.2 g	96 kcal	21.0 g
Obolon #Beer Mix Lemon	R7.99	500 ml	<0.4%	30 kcal	7.0 g	154 kcal	35.0 g
Gerstel	R9.99	500 ml	<0.5%	19 kcal	4.2 g	96 kcal	21.0 g
Heineken 0.0	R12.40	330 ml	0.05%	21 kcal	4.8 g	69 kcal	15.8 g
Bavaria Peach 0.0%	R14.99	330 ml	0.0%	31 kcal	8.3 g	102 kcal	27.4 g
Bavaria Premium Original	R14.99	330 ml	0.0%	24 kcal	5.8 g	80 kcal	20 g
Becks Blue	R10.83	330 ml	0.05%	17.2 kcal	3.5 g	57 kcal	11.7 g
Savanna Lemon Zero Alcohol	R14.66	330 ml	0.3%	kcal	Not available	kcal	Not available
Bitburger Drive	R13.33	330 ml	0.05%	22 kcal	5.1 g	72.6 kcal	16.83 g
Castle Free	R11.67	330 ml	0.03%	23kcal	6.0 g	75.9 kcal	19.8 g
Devil's Peak Zero to Hero	R13.33	330 ml	0.5%	kcal	Not available	<90 kcal	Not available

***The clear winner is Becks Blue**

Eichbaum Alcoholfrei

Produced in Germany this alcohol-free beer typically resembles a draught taste. This is as close to german lager one may find. It has the typical bitterness of beer. At 0% it is totally alcohol-free which makes it a great substitute.



Obolon #Beer Mix Lemon

Now this is an interesting taste and an ideal summer drink that you should have chilled. Produced especially for Shoprite Checkers this non-alcoholic beer comes all the way from Kiev, Ukraine. Kiev is situated close to the city of Chernobyl, where the worlds largest Nuclear power plant exploded in the early 1980s.



Gerstel

One of our favourites, a very light beer taste without giving you the feeling of fullness. We could only find the 500 ml tins but it is also packed as a 330 ml glass bottle.



Heineken 0.0

In our opinion, the best one we have tasted on the market, and because Heineken, produced in the Netherlands, has such a big imprint in the South African beer market it is easy to find and buy almost everywhere. Well-rounded taste with typical light yeasty notes only a Heineken can give.



4LIFELIVING REGISTERED DIETITIANS

KNOW YOUR OPTIONS

Bavaria Premium Original

Bavaria alcohol-free original is probably one of the older more trustworthy choices available with a big market share in the alcohol-free range of drinks. It has slighter beer flavour but it is alcohol-free and without any traces of alcohol like the other choices.

*Becks Blue (WINNER!)

Becks blue is almost in the same category in taste and texture than Bavaria Premium Original. What stands out is its exceptionally low carbohydrate content (the lowest we've seen) at only 3.5 g of carbs per 100 ml and a total of 11.7 g of carbs per bottle. It is also way cheaper than its Bavarian counterpart.

Savanna Lemon Zero Alcohol

To analyse the product from a nutritional point was difficult as there is no nutritional information available on the packaging. What is a hot summers day like without an Ice Cold Savanna? Typically a South African drink, we can now enjoy a Non-alcoholic guilt-free version. Have it no other way than with the essential slice of lemon, squeezed in at the lip of the bottle. YUM!

Bitburger Drive

We just love that one can drink something as guilt-free as a Bitburger and still drive home after a night out. It is also reasonably priced at R13.33 per bottle at the liquor store.

Castle Free

Castle free has become a very popular choice for many South Africans so much so that it was sold out everywhere we looked trying to find it. However we could find it, at our local Spur and it resembles much of that of a Castle Lite in taste.

Devil's Peak Zero to Hero

This one was interesting. First, because it had a slighter sweeter taste than the other beers and secondly we liked the packaging and catchy wording of it: Zero to Hero. This Capetonian based company produces other craft beers which makes it proudly South African and a more natural taste of beer without a chemical after taste. The label however does not provide you with any nutritional information but only ingredients and we saw that it is sweetened with lactose. So watch out all who are lactose intolerant!



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