

# BEER

First some well known facts about beer:

- Beer is an alcoholic drink made from water, starch, hops, wheat and sugar.
- because it contains little alcohol it is put in the low alcohol group.
- it is said that beer originally comes from Mezopotamija, where it was brewed since the 4. century before christ.

Beer is also healthy because in 1l of Laško beer there is:

*Vitamin B1 0,02mg/ B2 0,03-0,04mg/ B6 0,5mg/ B5 8,8mg in pa H 5mg vitamina*

It can also contain a significant amount of nutrients, including magnesium, potassium, phosphorus and biotin. Which is more than enough vitamins for a whole healthy day.

Beer is made of almost 90% out of water, so that makes water the main ingredient. Hops is added as an aroma, though because of its ingredients it is sometimes used as an antioxidant for atherosclerosis and osteoporosis. Beer is also made out of barley which is enriched with starch so that it really adds nutrition to the drink. Because of that beer is sometimes referred to as "liquid bread". 1L of beer contains a 100 to 250 calories, which we use to sustain our bodies.

The moderate consumption of beer, is associated with a decreased risk of cardiac disease, stroke and cognitive decline, hair loss, blood clot, dandruff problems, cellulite, gray cataract and many other diseases.

It also helps with the blood flow to the heart, digestion and fills you with enough energy to last a day during the hot summer.

However it also includes the risk of developing alcoholism and alcoholic liver disease, it can destroy brain cells and it can create a "bier-bauch".

Here's a little tip for all you athletes out there:

After exercise (if your 18+) drink a glass of beer, because hops bubbles give muscles extra energy.