



GUINNESS DRAUGHT

vs.

HARP LAGER



FOOD COURT

St. Patty's Day Spirit

Which brew beats out its caloric competition?

If you're minding your waistline this St. Patrick's Day, keep in mind that beer calories can add up fast. Light beers are always an option worthy of consideration for health-conscious consumers, with 30 percent fewer calories than regular lagers. Weight-watchers know that some light beers have even less calories, although they may taste watered down as a result. To help you make the best beer choices when celebrating this March and throughout the rest of the year, we compared calories and taste of a few popular Irish beers, along with a couple of "lighter" options. Guinness Draught, Guinness Extra Stout and Harp make up our Irish favorites list. Next to our lighter brew picks—Sam Adams Light, Michelob Ultra and Beck's Premier Light—can you point to which beer has the least amount of calories with the most flavor?

The Verdict is In

The light beers have fewer calories, although when considering both health and flavor, Guinness Draught wins the St. Patty's Day beer competition. Guinness Draught only contains 126 calories per 12 oz., but is more favorable than Sam Adams, the most popular of the light beers, which contains a close 124 calories per 12 oz. The same amount of Guinness Extra Stout contains a whopping 176 calories, and Harp, although a paler ale, contains 153 calories per 12 oz. serving. The lowest-calorie beers include Michelob Ultra with 95 calories and Beck's Premier Light, which contains 64 calories per 12 oz. serving.

FITNESS

Foam Roll Your Way to Relief

Could you use a massage after every workout? Save your money because for about \$10 you can purchase a foam roller at your local fitness store, which can help you release tension in your muscles. Foam rolling is stated to be even more effective than stretching, although it complements a stretching routine. Like stretching, foam rolling lengthens the muscles, but also breaks down soft tissue and scar tissue, similar to a massage. It is recommended that foam rolling is performed before exercise to allow a greater range of motion during workouts and after a workout to help the muscles recover. Foam rolling can be performed on multiple locations on the lower body, upper back and chest and can be purchased in different lengths and cylinder or half-cylinder shapes, to fit all foam roll positions and to accommodate your space requirements. To assure you are performing with proper form, it is best to purchase a book on the foam rolling technique at your local fitness store.

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