

Healthy Happy Hour

Worst

Beer, Liqueurs,
Colored Sweetened
Spirits



Highest levels of sugar content, yeast and mold toxins. Artificial colorings and chemicals are also in sweetened spirits.

Best choice for beer:

Gluten free or pilsner beer

Beer contains gluten, yeast, and other mold toxins.

Better

Red Wine, Dry Cider,
Dry White Wine and
Dry Champagne, Sake



Contain varying levels of mold toxins, yeast, and higher sugar content.

Best choice for red wine:

Organic and sulfate free

Red wine is high in mold toxins and yeast, affecting your body negatively.

Best

Gin, Tequila, Whiskey,
Vodka



Vodka: Avoid grains and choose TITO'S vodka (made from potatoes) and serve with club soda and lime

Gin: Dry martini with olives

Tequila: Skinny margarita (Tequila, club soda, fresh lime)

Whiskey: Real whiskey sour with fresh lime juice

Solutions:

1. Don't drink on an empty stomach. Eat before holiday parties.
2. Drink one glass of water with each serving of alcohol.
3. Take activated charcoal at the end of the night to "soak it up".