

# Research

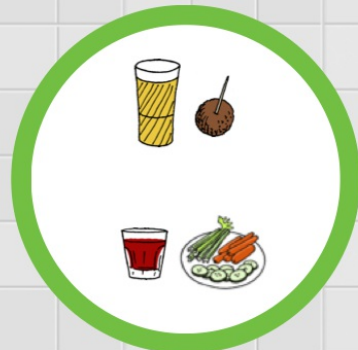
## The Dutch Beer Institute



Does beer make you fat?



What is a typical beer drinker?



Do beer drinkers eat more unhealthy than wine drinkers?



Does your brain notice the difference between beer with and without alcohol?



How does moderate alcohol consumption affect the brain of young adults?



What do the Dutch think about alcoholfree beer?



How do people consume alcohol in daily life?



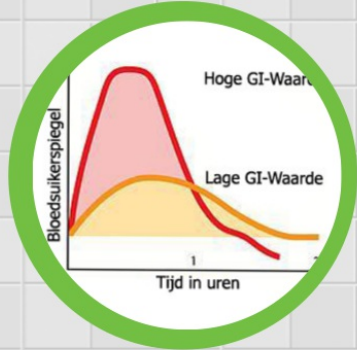
What is the portion size of wine or spirits in the Netherlands?



What happens to alcohol in a dish during cooking?



Are there any healthy fibers in beer?



What is the glycaemic index of beer?



Are there any gluten in lager beer?



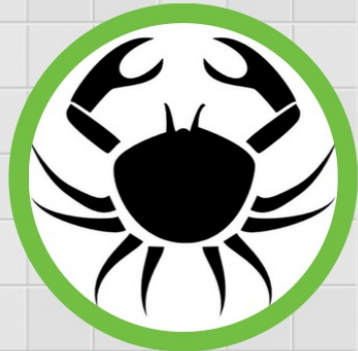
Is drinking beer after sports wise to restore your fluid balance?



Beer as an alternative to sports drinks?



Does it make any difference for your fluid balance if you drink beer, wine or spirits?



How much does alcohol add to the risk of getting cancer?



If you have an interesting research question yourself? Please contact us!



What does science say about moderate beer consumption and health?

Research The Dutch Beer Institute

What does science say about moderate beer consumption and health? The Dutch Beer Institute gathers all the scientific research in a database in initiatives research if there are any holes in the knowledge.

More information:  
[www.kennisinstituutbier.nl/onderzoek](http://www.kennisinstituutbier.nl/onderzoek) [Dutch]  
[www.database.beerandhealth.eu](http://www.database.beerandhealth.eu)