



# Happy holidays and a healthy 2017!



The Dutch Beer Institute wishes you happy holidays and a healthy 2017!

We share with you some highlights from the year 2016.

The Dutch Beer Institute

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[www.kennisinstituutbier.nl](http://www.kennisinstituutbier.nl)

The Dutch Beer Institute

## Highlights 2016



Booklet + infographics



Four explanations



100.000th Bierwijzer

Scientific review

## Booklet + infographics

### Beer and health - Moderate consumption as part of a healthy lifestyle

Review of the scientific research on moderate alcohol and beer consumption on health.

Six infographics on beer and health. For example on the effect on cardiovascular disease, type 2 diabetes and cancer.

Validated by a scientific committee of seven European scientists.



[Read more](#)

[www.beerandhealth.eu/publications](http://www.beerandhealth.eu/publications)

Movies

## Explanations

### Four short animations on beer and health

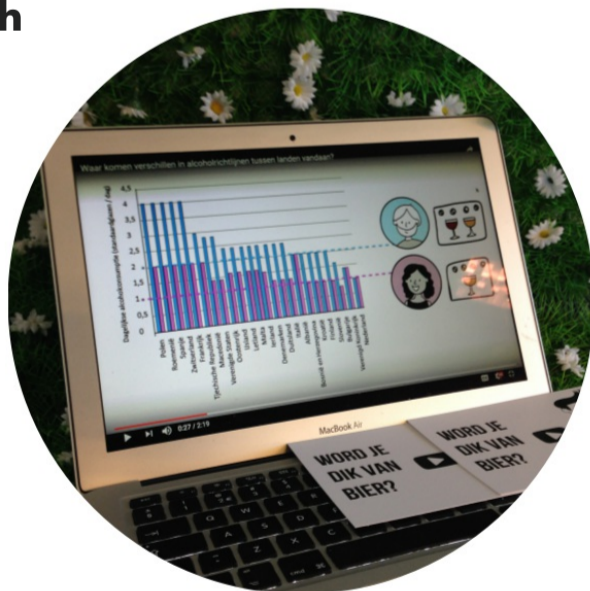
In four short movies The Dutch Beer Institute explains the facts on beer and health.

Does beer make you fat?

Where do differences in alcohol guidelines come from?

The metabolism of alcohol.

Diabetes and beer.



[Read more \(Dutch\)](#)

[www.kennisinstituutbier.nl/filmpjes](http://www.kennisinstituutbier.nl/filmpjes)

Education material

## Bierwijzer

### 100,000th copy printed

Seventh edition of this popular leaflet that shows calories in drinks and snacks.

New drinks and snacks added (vegetables, Radlers and nuts)

With logo that shows it is easy to read.

Dutch health professionals can order free copies.



[Read more \(Dutch\)](#)

[www.kennisinstituutbier.nl/overzicht-materiaal](http://www.kennisinstituutbier.nl/overzicht-materiaal)