



# AVERAGE NUTRIENT ANALYSIS

## American-Style Amber/Red Ale

Using a robust analytical testing program, the Brewers Association built a style-based database to provide average values for nutrients included in Food and Drug Administration [Menu Labeling Requirements](#). Average nutrient values represent beers brewed using “common” beer ingredients: grains (malted and unmalted), hops, yeast and water. Beer styles in the nutrient database are defined by the BA’s [Beer Style Guidelines](#). Values for calories and carbohydrates can be determined using the [calculator](#) developed by the BA, or through analytical testing.

*This guidance was not developed to provide voluntary nutrient content statements for the labeling and advertising of beer, per current [Alcohol and Tobacco Tax and Trade Bureau \(TTB\) rulings](#).*

### **BA Nutritional Database should not be utilized if any of the following apply:**

- Original gravity and/or final gravity deviate from the ranges specified in the style guidelines
- Beer brewed with “unusual” ingredients, including, but not limited to fruits, vegetables, herbs, spices, nuts, meats, coffee, etc.
- Beer brewed with post-fermentation additions, including, but not limited to honey, fruits, vegetables, herbs, spices, nuts, meats, coffee, etc.
- Barrel-aged beers, of any style

| <u>American-Style Amber/Red Ale</u> |            |            |            |            |
|-------------------------------------|------------|------------|------------|------------|
| <b>nutrient</b>                     | per 12 oz  | per 14 oz  | per 16 oz  | per 20 oz  |
| Total calories (cal)                | calculate* | calculate* | calculate* | calculate* |
| Calories from fat (fat cal)         | 0          | 0          | 0          | 0          |
| Total Fat (g)                       | 0 g        | 0 g        | 0 g        | 0 g        |
| Saturated fat (g)                   | 0 g        | 0 g        | 0 g        | 0 g        |
| <i>Trans</i> fat (g)                | 0 g        | 0 g        | 0 g        | 0 g        |
| Cholesterol (mg)                    | 0 mg       | 0 mg       | 0 mg       | 0 mg       |
| Sodium (mg)                         | 10 mg      | 15 mg      | 15 mg      | 20 mg      |
| Total carbohydrate (g)              | calculate* | calculate* | calculate* | calculate* |
| Dietary fiber (g)                   | 2 g        | 2 g        | 3 g        | 3 g        |
| Sugars (g)                          | 0 g        | 0 g        | 0 g        | 0 g        |
| Protein (g)                         | 2 g        | 2 g        | 3 g        | 4 g        |

\*Total calories and total carbohydrate values can be calculated with the BA’s [online calculator](#).

