

THE Ladies GUIDE & tasting notes

**CALGARY
INTERNATIONAL**
**BeerFest
2011**

The Calgary International Beerfest invites you to discover a beer that suits you or find a new favourite. Here are some tips to help you at the event and beyond.

Pairing Beer With Food.

With the vast array of flavours and styles available, it is possible for everyone to find a beer that they enjoy. One way is to prepare a meal that you would usually pair with wine and try it with an array of beers instead. At the Calgary International Beerfest we have seminars throughout the evening to help you get a better handle on how to choose different beers and what to look for. We even have a seminar for women only. Learn to pair your beers with cheese or chocolate and your taste buds will thank you.

Thanks to beer's diverse tastes and flavours, there is a style to match any food. Increasingly, beer is finding a place at the dining tables as more people, including chefs, discover what a delicious and versatile partner it is. Beer pairings are a great way to change things up next time you are preparing a special meal or hosting a dinner.

Healthier than you might think.

Beer has suffered from a poor image when it comes to health. In reality, when drunk in moderation, beer offers many health benefits. Beer actually contains LESS Calories than wine measure for measure. A typical 250ml serving of beer contains 102 calories while the same measure of wine has 192 calories. Beer contains no fat or cholesterol and there is also evidence that beer can be good for you. Moderate beer drinkers have substantially reduced risk of coronary heart disease compared to non-drinkers or heavy drinkers. They also have a lower risk of developing gallstones or late onset diabetes. And beer is a source of dietary silicon, which protects against osteoporosis.

The Basics

Concentrate more on the taste than on how it looks. Although women tend to lean towards sweeter beers, don't be afraid to explore the four main types when finding your new favourite. Basically, all beers fall into one of four groups: very sweet, slightly sweet, slightly bitter, or very bitter. When you first open a beer, smell it and then take a little taste. What flavours and smells do you associate with it? You could be greeted by a wide variety of aromas; spicy, floral, and you can get some fantastic flavours such as caramel, chocolate, coffee, or fresh baked bread.



www:calgarybeerfest.com