

Party people! This one's for you!

Ever wonder what your best option is when it comes to booze? Check out this quick read that may help you choose the right booze! The results might make your head spin.

The best choice for alcohol according to Nutrition Facts – calories, sugar, carbs. And the Healthiness Factor – content and quality of ingredients is.... 100 % Pure Agave Tequila.

I know.... Shocker, right? You know what they say, tequila makes her clothes fall off.... I can understand your immediate distrust, because you may consider tequila the main culprit to a few nights you can't remember with some friends you will never forget. Bear with me here—and check out why tequila claims the #1 spot.

The key here is the tequila must be 100% pure agave. Agave is a succulent plant with narrow spiny leaves and tall flower spikes and is native to arid and semiarid regions of the Americas, particularly Mexico, and the Caribbean and is currently a non-GMO crop.

100% agave tequila is just what it sounds like, it is made from 100% agave. It has zero sugar, and carbohydrates due to the distillation process and has usually only 96-103 calories per 1.5 ounce shot.

It doesn't have additives that other "blended" tequilas will, such as caramel coloring, grain alcohols and artificial flavoring. That's right our ol' friend Jose' is an imposter! Who would have thought?

If you are wheat free, have a gluten or wheat allergy you can drink 100% agave tequila without a single worry since it's made WITHOUT grains—which are ALWAYS GMO! Unless stated "made with non-GMO ingredients" on the label.

The 5 types of tequila are:

Blanco "White" or "Silver" – This type is un-aged, meaning it's bottled or stored immediately after distilling (usually less than 2 months), and generally stored in stainless steel, so no flavor is transferred into the liquor from the oak barrel used in the other types.

Reposado – Known as "rested" tequila, is aged between 2 months and 1 year in oak barrels, as it ages the tequila takes on the flavor of the wood and mellows the alcohol

Añejo – Aged at least 1 year, but no more than 3 years in oak barrels

Extra Añejo – Meaning "extra aged," this is aged a minimum of three years in oak barrels

Joven – A mixture of un-aged and aged Tequila, this type is called both "young" and "gold"

Now that you have the information drink carefully and party on!

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