



AVERAGE NUTRIENT ANALYSIS

Münchener (Munich)-Style Helles

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>Münchener (Munich)-Style Helles</u>				
nutrient	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	10 mg	10 mg	15 mg
Total carbohydrate (g)	calculate*	calculate*	calculate*	calculate*
Dietary fiber (g)	less than 1 g	less than 1 g	less than 1 g	1 g
Sugars (g)	0 g	0 g	0 g	0 g
Protein (g)	2 g	2 g	2 g	3 g

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

