

The [★]Light Drinker



Our latest reviews

Peroni Nastro Azzurro 0.0%

Peroni launches its new 0.0% beer with the claim that it is virtually identical to its 5.1% ABV Nastro Azzurro lager, only minus the alcohol. Set to replace Peroni's existing Libera alcohol free - [MORE](#)



The calorie count

Does Low Alcohol Mean Low Calories Too?

Drinking low or no alcohol drinks can be a great way to cut down on calories. There s a large selection of virtually zero calorie spirits and botanicals which can be drunk with, say, a sugar-free tonic to give you a lovely long, very low calorie drink. You can see our full selection of over 60 drinks here, where you ll find such 5-star wonders as Seedlip Garden – described by our reviewer as being like “eating raw peas by a hedgerow” and it has zero calories! What is not to like? Or for something more classical you could try a Tanqueray 0.0% spirit for which a whopping 250ml double with slimline tonic will set you back just 10 calories.

Then there are the Kombuchas – distilled tea-based drinks which are steeped in dry, exotic flavour, usually sparkling and come in at around 15 calories per 100ml. We especially recommend the 5-star - [READ MORE](#)





Our latest reviews: Clean G Pink

Mmmn, more please. This has all the aromatic juniper notes of the classic gin but adds a huge burst of strawberry and raspberry, so the drink has a sherbety fizz, like a pink love heart. There's pink pepper-corn to balance out the fruitiness and the overall effect is pink gin experience...

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Get in touch

We're always looking for feedback so please feel free drop us an email at contact@thelightdrinker.com

Top 5 summer sparklers

The best fizz for your festivities

Summer is nearly here and with it the promise of delightful al fresco picnics, dinners in the garden and outdoor parties – not least those much postponed weddings. Sophisticated hosts will be wondering what to offer guests who might like something lighter to drink in the heat. So here are The Light Drinker's Top 5 Sparkling recommendations, which in order of ABV are:

1. [Lyre's Classico Sparkling 0% Wine](#) which has one really clever secret – it is fermented from grape juice using a selection of bacteria and yeast that produces only minimal alcohol. The result is a properly flavoursome drink that delivers a delightful dry, bubbly swig, perfectly balanced, packed with flavours of peach and apple and with a long, grown-up mineral finish.
2. [REAL Royal Flush 0% Kombucha](#) with a fresh, slightly rhubarby/floral nose, is a delicate alternative to Champagne – [READ MORE](#)



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If you've found a drink you want to remember, you can "bookmark" it. On the product page, below the photo, is the "Add to Bookmarks" button. Click it will bookmark the drink. To find it again, go into the menu button at the top right of the screen and click "My Bookmarks" and you'll see them all listed. For more tips and hints click on – [READ MORE](#)