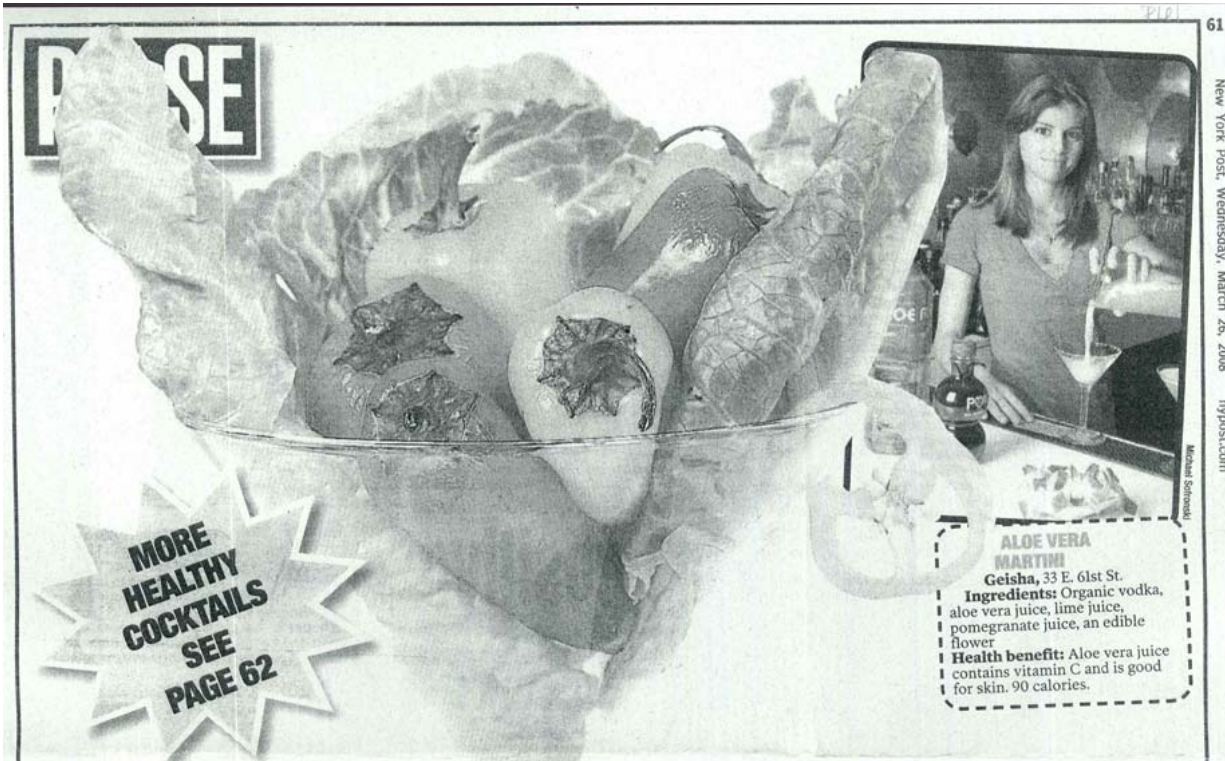


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PLEASE

**MORE
HEALTHY
COCKTAILS
SEE
PAGE 62**

**ALOE VERA
MARTINI**
Geisha, 33 E. 61st St.
Ingredients: Organic vodka,
aloe vera juice, lime juice,
pomegranate juice, an edible
flower
Health benefit: Aloe vera juice
contains vitamin C and is good
for skin. 90 calories.

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nypost.com
Michael Sauter

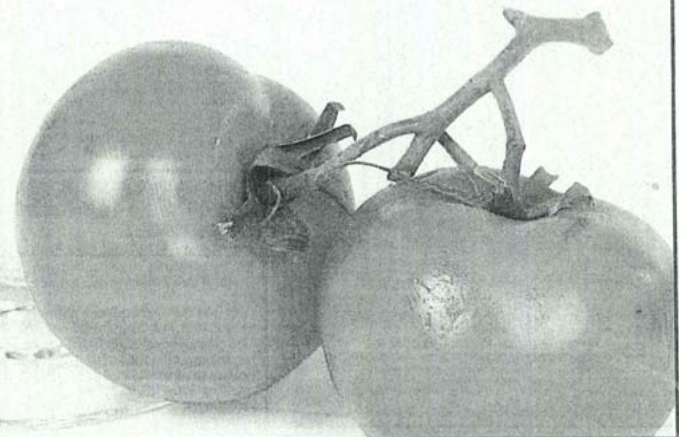
Alcoholistic!

Healthy buzz lifts dash
of bitters from city's
calorie-posting rules

By SUSAN YARA

WHAT is that?" shrieked a woman standing at the bar as Douglas Sheehan, bar manager at the Waverly Inn, passed her a glass of his latest chemistry experiment to try. "Margherita Martini," he said. "It's savory."
That's margherita as in marinara sauce. And it's too bad she didn't stick to the tasty concoction of freshly squeezed tomato juice and herbs — when city restaurants start posting food and drink calorie values Monday [See story/ Page 62] she'll be chagrined to learn that her kind of margarita has more than 700 calories.
While it'll be easy enough to avoid Whoppers and Frosties, can any New Yorker avoid drinking? Hardly. But is it possible to get our fix and feel healthy too? According to Marissa Lippert, registered dietitian and founder of Nourish Nutrition Counseling, being health-conscious while drinking is tough.

See **DRINKS** on Page 62



Quinn Thomas

Alexi Panos mixes a Hennessy Pom sidecar at TenJune.



Michael Sofronski (5)

Drink positive

DRINKS from Page 61

but there are some tips to follow if you want to drink without feeling bad about yourself.

"I encourage customers to be careful of creamier liquors because they tend to be higher in calories and fat," she says. "Also, use soda or seltzer water as a mixer, maybe add a quick splash of fruit juice for flavor, and try using flavored liquors like vanilla. It's a better way to get more flavor without extra calories."

And for those who like their bubbly, Lippert says, "Champagne is always an easy bet. It has about 80 to 90 calories for about 4 to 5 ounces, which is one glass."

— With help from web site balanceyourelements.com, The Post scouted out some of the healthiest cocktails around town. While they're not noncaloric, they do boast benefits above and beyond their alcohol content. To your health!

SAGATIBA CACHACA MACA MARTINI

Rose Bar at Gramercy Park Hotel
2 Lexington Ave.

Ingredients: Sagatiba Pura Cachaca, St. Germaine elderflower cordial, lime juice, apple cider, apple slice, mint sprig

Health benefit: Elderflower is said to help chronic congestion, ear infections and can reduce the severity of hay fever. 120 calories.

HENNESSY GINGER TEA

Southern Hospitality
1460 Second Ave.

Ingredients: Hennessy VSOP, fresh brewed green tea, simple syrup or Splenda, mint leaves, ginger

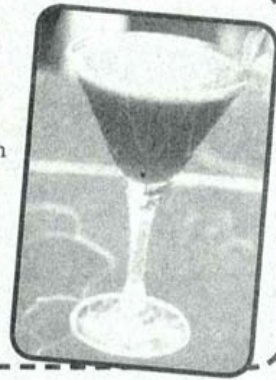
Health benefit: Ginger aids appetite loss, indigestion and motion sickness. Plus it can be taken to loosen phlegm and relieve gas — toot toot! 70 calories (with Splenda)

HENNESSY POM SIDECAR

TenJune
26 Little W. 12th St.

Ingredients: Hennessy VS, Grand Marnier, fresh pomegranate puree, fresh lemon juice, simple syrup or Splenda, orange bitters, sprig of fresh thyme

Health benefit: Pomegranate juice is rich in antioxidants and acts like aspirin to help to prevent blood clots. 170 calories (with Splenda).



MARGHERITA MARTINI (pictured)

Waverly Inn
16 Bank St.

Ingredients: Vine-ripe tomato, garlic, shallot, fresh basil, coriander, Ketel One vodka, blue cheese olive, fresh basil

Health benefit: Freshly juiced tomatoes and herbs are healthy, case in point. 115 calories.



OFF THE RED WAGON, aka 007

Also at Waverly Inn

Ingredients: Good luck. The cocktail list says: "We could tell you what's in it, but then you wouldn't order it. Four different

spirits proving the sum is not equal to its parts." **Health benefit:** One cocktail = you're smashed, hence you don't continue drinking the night away and it doesn't contain high-calorie mixers to make you fat.

CUCUMBER AGAVE

MARGARITA

Los Dados
73 Gansevoort St.

Ingredients: Partida Reposado tequila, Cointreau, agave nectar, fresh lime juice, muddled cucumbers, cucumber garnish

Health benefit: Agave nectar is a healthy alternative to sweeteners. It's organic, kosher and has a very low glycemic-index score for diabetics and low-glycemic dieters because it will not elevate blood sugar. 190 calories.



CONCORD HEARTINI

Rayuela
165 Allen St.

Ingredients: Welch's 100 percent grape juice made from Concord grapes, passion fruit juice, nonalcoholic ginger beer, fresh mint sprig

Health benefit: Concord grapes are naturally rich in antioxidants, help promote a healthy heart and contribute to flexible arteries that allows for greater blood flow. 160 calories

