**Low in Calories and Carbohydrate Free**

Awamori is a relatively healthy choice among alcoholic drinks. Unlike wine or beer, it contains no carbohydrates or sugar. It does have some calories, but these are in the alcohol (seven calories per gram), and somewhat difficult for the body to use as energy. Awamori is also completely free of purines. Some research suggests that drinking awamori (and certain types of *shochu*) may help break down blood clots that could cause strokes or heart attacks.