

... FOR THE HEALTH AND WELL-BEING OF YOU AND YOUR FAMILY

ALCOHOL AND WEIGHT MANAGEMENT

## SOCIAL DRINKING

Alcohol is a part of many social events, from family dinners to parties, to the occasional neighborhood barbeque or weekend sporting event. The troubles associated with alcoholism are well known, but what about the impact of social drinking or a moderate intake of alcohol? Does alcohol belong in our diet, or do the risks associated with its consumption outweigh any benefits it may provide?

## ALCOHOL AND THE HEALTHY DIET

Proper nutrition involves consuming essential nutrients like water, vitamins, minerals, proteins, carbohydrates, and fats. The term "essential" means that they are not produced by the body and must be supplied by food. Removing any one of them can eventually lead to health problems. Alcohol is not an essential nutrient, and therefore, is not required in a healthy diet.

Your body can only recognize food as a source of energy in the form of carbohydrate, protein, and fat.

**For each gram, you get a set number of calories:**

**CARBOHYDRATE = 4 calories**

**PROTEIN = 4 calories**

**FAT = 9 calories**

**ALCOHOL = 7 calories**

When you consume more calories than your body needs, you store it as fat. Eating a healthy diet of nutrient-dense foods without a lot of calories is vital to weight maintenance. Alcohol does not have many vitamins and minerals, but leaves you with an entire meal's worth of calories from just a few cocktails.

## DOES ALCOHOL IMPACT YOUR WEIGHT?

Alcohol has a well earned reputation for adding weight and sabotaging weight loss efforts.

**Consider these two important facts:**

**Alcohol Can Cause Weight Gain**

Alcohol can lead to weight gain by stimulating your appetite and adding extra calories to your diet. It also reduces your inhibitions and willpower with portion control. Having your judgment impaired and stimulating your appetite is a recipe for disaster if you are trying to manage your weight.

**Alcohol Hinders Weight Loss**

Alcohol significantly reduces the body's ability to burn fat and alters the normal digestive process. As a result, your metabolism is slower and the changes in food breakdown turn extra calories into unwanted body fat.

## Coach's Quick Take

### Calories From Alcohol Add Up Quickly

- Two beers a day, at an average of **150** calories a beer, will add **2,100** calories per week to your caloric intake. In a year's time, this could translate into fifteen pounds of body fat.
- Two glasses of red wine a day, at **100** calories per five ounces, will add about **ten** pounds of body fat per year.

## HOW IS ALCOHOL METABOLIZED?

Metabolism is the body's process of breaking down the things we ingest into chemicals it can use for energy or excrete as waste. Once alcohol enters your body, 20 percent of it is absorbed immediately through the stomach and into the blood stream. At this point, the body recognizes it as a toxin and prioritizes that it be metabolized before anything else. The other 80 percent is absorbed through your intestines over time while the liver continues to break it down at a set rate. It can take up to 24 hours for alcohol to leave your system.

### Ok, so how does alcohol affect my weight control plans?

- Consuming just **two** alcoholic drinks can decrease fat burning by up to **73 percent**.
- Approximately **five percent** of the alcohol you consume is converted to fat and stored.
- Alcohol prevents the processing of vitamins and minerals that are essential for a healthy metabolism.
- Remember, because alcohol is a toxin, your body will process it before essential nutrients like fats, proteins, and carbohydrates.



## 4 TIPS TO SUCCESSFUL WEIGHT MANAGEMENT

Here are some tips to help you manage your weight if you decide to consume alcoholic beverages:

- 1 Have a glass of water between each alcoholic drink.
- 2 Select light versions whenever possible. "Light" means fewer calories, but these products are not calorie or alcohol-free, so you will still want to limit your intake.
- 3 Always eat before you have an alcoholic beverage.
- 4 Sip your drink to make it last longer. Limit your drinking to no more than **one** drink per hour.

The list below breaks down the number of calories in typical alcoholic drinks.

Compare some of your favorites to make a good choice next time you decide to indulge.

Alcoholic Drink	Ounces	Calories
Beer, Light	12	100
Beer, Regular	12	150
Chardonnay, White Wine	5	120
Merlot, Red Wine	5	119
Tequila (80 Proof)	1.5	97
Vodka	1.5	96
Whiskey (80 Proof)	1.5	107
Jagermeister	1.5	155
Mixed Drink	Ounces	Calories
Martini	2.5	155
Long Island Iced Tea	8	270
Margarita	8	371
Pina Colada	8	437
Soco & Lime	2	167

Remember to check the serving size and to add the calories from any mixers that are combined with alcohol.

### RESOURCES

[www.medicinenet.com](http://www.medicinenet.com)

[www.jap.org](http://www.jap.org)

[www.arches.uga.edu](http://www.arches.uga.edu)

For More Information visit  
[www.WellnessCoachesUSA.com](http://www.WellnessCoachesUSA.com)

