

Nutrition and Alcohol

The Bad News

Alcohol consumption tends to:

- increase the appetite and increase food intake
- displace other foods and reduce nutrient intake
- dehydrate the body and increase your need for water
- impair digestive tract function and cause nutrient malabsorption
- use up valuable nutrients such as niacin and thiamin.
- alter transport, use, and storage of many nutrients by the liver

The Good News

Red wine and other alcoholic beverages in moderation may possibly help to increase HDL (good) cholesterol and slow formation of LDL (bad) cholesterol. These factors can help reduce the risk of heart disease, the leading cause of death in America.

Drink	Amt.	Calories
Beer	12fl. oz.	150
Light Beer	12fl. oz.	95
Gin, rum, vodka, and whiskey	Jigger	105
Sweet Vermouth	Jigger	70
Dry Vermouth	Jigger	55
Dry Red Wine	5 fl. oz.	110
Dry White Wine	5 fl. oz.	115
Cordials and Liqueurs	jigger	145

What is Moderation?

The federal government's Dietary Guidelines for Americans define moderate drinking as "consuming no more than one drink per day for women and no more than two drinks per day for men." The difference is due to how differently the bodies of men and women process alcohol

The Key

As with any substance, the key to including alcohol in your diet is moderation and even then only with care. Know the facts: a standard serving of beer, distilled spirits or wine each contains the same amount of alcohol. Always consult your physician with any questions and remember that the key to good health is always a nutritious diet and regular exercise.