

# Smart for Life®

## ALCOHOL CONSUMPTION & WEIGHT LOSS

**“Don’t drink alcohol...for now!” – Dr. Sass**

There’s no denying the research that a single drink a day offers some cardiovascular benefits. However, alcohol can also quickly sabotage any weight-loss effort. Consider all of the hard work you’ve put into losing weight and then take into consideration all the calories you take in with just one drink. There are about seven calories in one gram of alcohol. You can double that when you add mixers such as fruit juice or tonic water. But the bigger problem is that all of these calories are “empty”; they have none of the vitamins and minerals that your body needs – but they do have all of the calories!

### WINE (small 125 ml glass)

<u>Alcoholic Drink</u>	<u>Calories</u>
Red wine	85
Rose wine medium-bodied	89
Sweet white wine	118
Dry white wine	83
White wine medium-bodied	94
Champagne	80

### BEER, LAGER & CIDER (pint unless otherwise noted)

<u>Alcoholic Drink</u>	<u>Calories</u>
Pale ale	91
Bitter ale	100
Sweet cider	250
Dry cider	200
Lager	200
Bottled stout	105
Ordinary Strength Lager	85

### SPIRITS (25ml shot)

<u>Alcoholic Drink</u>	<u>Calories</u>
Vodka	50
Gin	50
Whiskey	50
Southern Comfort	70
Fizzy drink mixer	50
Irish Cream	80
Fruit juice mixer	50
Bloody Mary mixer	115
Gin & Tonic	171
Pina Colada	262
Whiskey sour	122
Double shot of 90 proof	110

Then, add to that a pack of roasted peanuts (300 cal.) or salted nuts ( 250 cal.), a large slice of cheese pizza (250 cal.) or a burger (400 cal.)

Alcohol also slows down the fat burning process. The calories you consume when drinking alcohol aren’t stored in your body; they’re transformed into acetate, a type of fuel that your body burns quickly. As a result, all of your dieting and exercising goes towards burning the alcohol calories first - not the fat you are trying hard to eliminate. Left alone, these alcohol calories are carried off and stored on your body as fat, along with the ones you are trying to lose. That’s why alcohol is known as a “straight-to-the-stomach” beverage; the calories always seem to be stored in the stomach first.

**Weight loss is hard work but keeping it off when drinking alcohol is even harder. So before you pick up that tasty tropical concoction, just think of all the effort you’ve put into your dieting, and how easily it can be reversed by drinking alcohol.**

