

Alcohol

What does alcohol do?



- **Increases risk**- for health problems including high blood pressure, stroke, heart disease, certain cancers, birth defects, accidents
- **Heavy drinkers**- at risk for liver and pancreatic disease as well as brain and heart damage
- **Malnutrition**- due to empty calories from alcohol are replacing nutrient-packed calories from food

Facts:

- **Drinking in moderation**- is not > 2 days per day
- **1.5 oz. 80 Proof, 5 oz. Wine, 12 oz. Light beer** = 100 calories
 - **12 oz. of Regular Beer** = 150 calories
 - **8 oz. of Gin and tonic, 8 oz. Bloody Mary** = 180 calories
 - **8 oz. Screwdriver** = 200 calories
 - **8 oz. Pina Colada** = 460 calories
- **Relaxing effects of alcohol**- makes people prone to overeating, especially high-calorie, fatty foods
- **Alcohol**- does not relieve stress



What are the Symptoms if I drink too much?

- Dehydrating
- Depression, tired, disturbed sleep
- Diuretic and causes loss of water soluble minerals as magnesium, potassium and zinc **See FFF on Magnesium, Potassium and Zinc**

What do I need to do?

- **See your Health Care Provider**
- **Eat**- Good and Healthy Meals and Snacks
- Eat smaller and more frequent meals
- **See a Registered Dietitian or a FFF RD**- for Meal Planning
- If depressed **DO NOT DRINK ALCOHOL**
- **Drink**- 1 glass of water for each glass of alcohol
- Drink alcohol for special holidays and occasions only

