

## What about these benefits I hear about alcohol reducing the risk of heart disease?



According to the 2005 Dietary Guidelines for Americans, middle aged and older adults who consume one to two alcoholic beverages a day do, in fact, seem to have a lower risk of heart disease.

However, in younger adults, alcohol consumption appears to have little to no health benefits. Also, alcohol use among this age group is associated with a higher risk of traumatic injury and death.

In addition, it is never recommended that anyone increase their level of drinking or beginning drinking based on these health recommendations

Please remember



**Don't  
Drink  
And  
Drive**

### Information from National Institutes of Health

For help or more information please visit:

[www.drkoop.com/template.asp?  
page=newsdetail&ap=93&id=513212](http://www.drkoop.com/template.asp?page=newsdetail&ap=93&id=513212)

[http://science.howstuffworks.com/  
alcohol4.htm](http://science.howstuffworks.com/alcohol4.htm)

[http://thefactsaboutfitness.com/research/  
alcohol.htm](http://thefactsaboutfitness.com/research/alcohol.htm)

[www.collegedrinkingprevention.gov](http://www.collegedrinkingprevention.gov)

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# ALCOHOL

*and nutrition*



## What is “a drink” equal?



- One 12-ounce beer
- One 5-ounce glass wine
- 1 1/2 ounce 80-proof whiskey

**Can't I save my calories for beer by not eating during the day?**

**NO! Since alcohol does not require digestion, it is quickly absorbed.** Absorption also depends on the amount and type of food in the stomach. High protein and high fat foods slow the absorption rate, while carbonated or effervescent beverages increase absorption.

Low blood sugar can occur when a fasting or malnourished person consumes alcohol. When there is no food to supply energy, stored sugar is depleted and the body relies on energy from other components.

**Alcohol prevents production of energy from other compounds** and causes the brain and other body tissue to be deprived of glucose needed for energy and function.



## How could alcohol possibly affect my nutrition?



Alcohol contributes to malnutrition by replacing foods that have essential nutrients and by interfering with absorption, storage or metabolism of those essential nutrients.

Alcohol contains 7 Kcal per gram. These calories do not provide any carbohydrates, protein, fat, vitamins or minerals to maintain body functions.

Have you ever woken up after a night of drinking to see empty pizza boxes cluttering your floor? Alcohol increases your appetite and can do so up to 24 hours after you drink.

Alcohol also increases the breakdown of testosterone by raising the level of the muscle-wasting hormone cortisol, up to 24 hours after you drink. This effect on the testosterone could be one reason why heavy drinkers carry less muscle.

# Beer Belly

**Alcohol is mainly converted to acetate in the body.** When acetate levels rise, your body simply burns more acetate and less fat because it is the most available fuel source.

## Where does the alcohol go?

stomach

small intestine

bloodstream

**It takes about 30 seconds for the first amount of alcohol to reach the brain after ingestion.**

Then, about 90 percent of alcohol must be metabolized through the liver. It takes about one hour for men to eliminate one-half ounce of alcohol, women on average take longer.

If you consume alcohol at a faster rate than it can be broken down by the liver, it remains in the blood and raises blood alcohol level (BAL).

While occasionally drinking moderate amounts of alcohol is not going to hurt, the bottom line is that alcohol abuse and a leaner, stronger body just don't mix.