



ALCOHOLIC BEVERAGES

FUN FACTS:

- It is its own "nutrient" but is not a source that will give your body "nutrients"
 - Higher proof=higher calorie count & blood alcohol content
 - Higher Proof =you typically will drink less of it..
 - ^Comparison:
 - 12 fl oz beer=5% alcohol
 - 5 oz wine=12% alcohol
 - 1.5 oz shot= distilled spirit (liquor)=40% alcohol
 - 7 calories per gram of alcohol (ie: 70 proof vodka=85 calories for 1.5 ounce, 100 proof=124 calories)

HYDRATE, make FOOD CHOICES WHEN YOUR CLEAR NOT FOGGY

- Eat Healthier if you are going to drink
- Drink plenty of water
- DO NOT EAT LARGE PIZZA's, 18 BURGERS, FRENCH FRIES alone... call me...

ALCOHOLIC BEVERAGES WITH HIGHER CARB/CALORIE CONTENT:

- Alcoholic Beverages with higher carb/calorie content: Not recommended
- Regular beer (craft, darker)
- Margarita
- Bloody Mary
- Hard lemonade
- Daiquiris
- Whiskey sour
- Piña colada
- Tequila sunrise

BETTER ALCOHOLIC BEVERAGE OPTIONS

- Mindfulness on drink choices:
 - Less color=better choice=less sugar=easier to metabolize
 - vodka, rum, gin
 - Eating everything you see is NO BUENO when drinking!
- "Better" Liquor Options
 - pure forms of liquor like whiskey, gin and vodka:
 - Vodka Soda- Soda water, sparkling water, vodka, lime
 - Whisky-neat
 - Bourbon-neat
 - Gin-sparkling water, lime
 - Rum
 - Seltzer
 - LIGHT beer

***Alcohol is not recommended. This is educational information to help better understand what certain types of alcoholic beverages and alcohol in general can do to your body if you make the choice to consume it.