

Alcohol 101

AT-RISK HEALTH CONDITIONS

- Heart Disease
- Cancer (Breast, Colon, Mouth, Throat, etc.)
- Type II Diabetes
- Fatty Liver
- Depression, Anxiety
- Arthritis, Gout
- Addiction

● WHAT IS A DRINK?

- 12 oz. Beer
- 5 oz. Wine
- 1 ½ oz. Liquor
- The process of distillation allows for a greater percentage of alcohol

GENERAL INFORMATION

ALCOHOL IS A DRUG

- Alcohol suppresses the Central Nervous System
- It is considered a “sedative hypnotic drug”
- Binge drinking = 4 - 5 drinks within 2 hours (women - 4; men - 5)

NUTRITION INFORMATION

- Alcoholic compound: Ethanol
- Considered a Carbohydrate source
- At a minimum, 70 calories/drink
- Overall, alcoholic beverages have little nutrient density

HOW DOES ALCOHOL IMPACT MY HEALTH? (BEYOND 1-2 DRINKS PER HOUR)

- Suppresses the immune system
- Increased risk of memory loss
- Nutrient deficiencies if alcohol intake is greater than food/nutrient dense food intake
- Sleep disturbance and disruption - specifically, REM sleep (deep sleep)
- Increased risk of breast, colon, throat, and mouth cancers
- Increased risk of cardiovascular disease (increase LDL cholesterol, increase blood pressure, lower HDL cholesterol, etc.)
- Mood shifts
- Blood sugar problems - alcoholic beverages typically rise blood sugars relatively quickly; however, most people experience a blood sugar low shortly after consumption (within 1-2 hours)
- Appetite stimulant
- Lower the body's ability to properly recover from exercise and fitness
- **More/Personal:**

STRATEGIES (PICK TWO-THREE)

IDEAS	NOTE(s)	YES/NO
Keep alcohol intake to 3-4 drinks per week	not all on the same day	
Measure my wine and liquor pours		
Change my "mixers"	sparkling water, tonic water, muddled fruit, etc.	
Drink only when I am around other people		
Buy smaller options	e.g., half bottles	
Keep alcohol out of the house		
Choose one drink that I really enjoy versus 3-4 "lower calorie" versions	e.g., craft beer versus 90 calorie beer that tastes like water	
Buy higher quality wine, beer or liquor		
Vodka, gin or tequila as my main liquor options		
Consider AA or a support group		
Let go of drinking - stay "sober"		
Drink further away from bed time	e.g., 5:00 pm	
Other:		
Other:		

SOURCES

National Institute on Alcohol Abuse and Alcoholism

Harvard School of Public Health

Drinking: A Love Story by Caroline Knapp

Drink: The Intimate Relationship Between Women and Alcohol by Ann Dowsett Johson

Unbroken Brain by Maia Szalavitz