

# Alcohol & Nutrition

**1 Serving =**



One mixed drink with  
**1.5 fl oz**  
**80 proof liquor**



**5 fl oz wine**



**12 fl oz beer**  
**or**  
**wine cooler**

# Be Wary of Booze

Alcohol is high in Calories & provides little to NO nutrients

- 80 Proof Liquor (1.5 fl oz): *~97 Calories*
- Wine (5 fl oz): *~80-120 Calories*
- Beer (12 fl oz): *~140 – 200 Calories*
- Lite Beer (12 fl oz): *~60-100 Calories*

## Binge Drinking

**Males: 5+ Drinks in 2 hours**

**5 x 100 = 500 Calories = Large McDonald's Fries  
= 4 Large Apples**

**Females: 4+ Drinks in 2 hours**

# Metabolism of Alcohol

## *Recommendations:*

- **Our bodies process alcohol at a rate of ~1 drink/hour**
  - Try not to consume alcohol more quickly than this
- **Eat before you drink**
  - Consume fat & protein at least 15 minutes before eating to slow alcohol absorption

## *Cautions:*

- **Carbonated drinks**
  - Enhance alcohol absorption
- **Caffeine**
  - Masks the depressant effects of alcohol, but not your blood alcohol content

# Metabolism of Alcohol

- **Men really can drink more than women!**
  - Men produce more of the enzyme that breaks down alcohol than women, so they are able to metabolize it more quickly.
  - Men are generally bigger, & therefore have a higher body water percentage, than women, so they are able to drink more without experiencing the effects as greatly.

# **Be Wary of Booze - DEHYDRATION**

- **Alcohol is a diuretic (it makes you urinate).**
  - ***Symptoms of dehydration:* thirst, dizziness, light-headedness, unexplained tiredness, headaches, irritability, rapid heartbeat, dry lips, dry mouth, & dark or strong-smelling urine.**
- **Decrease risk for dehydration:**
  - **Drink water before, during, & after you consume alcohol**
  - **Add ice to your drinks**
  - **Alternate between alcoholic & non-alcoholic drinks**

# **Be Wary of Booze – WEIGHT GAIN**

## ***Avoid weight-gain by watching Calories:***

- **Mix drinks with diet or low-Calorie beverages**
- **Choose healthier snacks while drinking**
  - **Target low-fat, low-salt, & high-protein foods.**
- **Eat a healthy breakfast**
  - **Resist the temptation to eat greasy foods the next morning; these foods are very high in Calories.**
  - **Target foods that will help restore nutrients listed in table (slide 8).**

# **NUTRIENT DEPLETION &** **MALABSORPTION**

- **Alcohol may deplete or cause the malabsorption of some nutrients (see table)**
  - **Some of these result in “hangover symptoms”**
- **People who abuse alcohol are at particular risk for deficiency of these nutrients**

# NUTRIENT DEPLETION & MALABSORPTION

<b>Nutrient</b>	<b>Symptoms/Complications due to Deficiency</b>
<b>Vitamin A</b>	Susceptibility to infection, night-blindness, skin abnormalities
<b>Vitamin B1 (Thiamin)</b>	Fatigue, impaired nerve function, beri-beri
<b>Vitamin B3 (Niacin)</b>	Headaches, irritability, insomnia, dermatitis, pellagra
<b>Vitamin B5 (Pantothenic Acid)</b>	Susceptibility to infection, poor metabolism of energy
<b>Vitamin B6 (Pyridoxine)</b>	Dermatitis, altered nerve function, anemia, immune system problems
<b>Vitamin B9 (Folic Acid)</b>	Intestinal problems that may result in malabsorption of other nutrients
<b>Vitamin B12 (Cobalamine)</b>	Pernicious anemia, fatigue
<b>Vitamin C</b>	Susceptibility to infection, poor wound healing
<b>Zinc</b>	Poor wound healing, skin inflammation, loss of taste & smell

Source:  
[www2.moreheadstate.edu/files/units/leo/alcoholandnutrition.pdf](http://www2.moreheadstate.edu/files/units/leo/alcoholandnutrition.pdf)



# **Be Wary of Booze – POISONING & OVERDOSE**

- ***Signs of Alcohol Poisoning***
  - **Mental Confusion, Stupor, Coma, or Person Cannot Be Roused**
  - **Vomiting**
  - **Seizures**
  - **Slow Breathing (fewer than 8 breaths/min)**
  - **Irregular Breathing (10+ sec/breaths)**
  - **Hypothermia, Bluish Skin Color, Paleness**
  - **Pulse 50 or Lower**

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

# **Be Wary of Booze – POISONING & OVERDOSE**

- ***What to Do if You Suspect Alcohol Poisoning***
  - **Call 911**
    - **Don't Wait for All Symptoms to be Present**
    - **Overdose = Death**

**“95% of people consuming 21 Drinks in 6 hours or less will be at risk for overdose.”** Source: [www.alcohol.vt.edu](http://www.alcohol.vt.edu)

# Alcohol Regulations & Fines in Champaign-Urbana

	Champaign	Urbana
Purchasing, possessing, or consuming alcohol by a minor	\$320	\$300
Providing alcohol to a minor	\$320	\$300
Minor in a liquor establishment	<19 yrs old, \$320	\$165
Unlawful use of ID/fake ID	\$320 & Loss of Driver's License 1 yr	\$300 & Loss of Driver's License 1 yr
Possession of alcohol on public property or business parking lots	\$175	\$165

Source: [www.odos.uiuc.edu/housingOptions/downloads/party\\_brochure.pdf](http://www.odos.uiuc.edu/housingOptions/downloads/party_brochure.pdf)