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

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

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
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
## Alcohol Regulations & Fines in Champaign-Urbana

<table>
<thead>
<tr>
<th></th>
<th>Champaign</th>
<th>Urbana</th>
</tr>
</thead>
<tbody>
<tr>
<td>Purchasing, possessing, or consuming alcohol by a minor</td>
<td>$320</td>
<td>$300</td>
</tr>
<tr>
<td>Providing alcohol to a minor</td>
<td>$320</td>
<td>$300</td>
</tr>
<tr>
<td>Minor in a liquor establishment</td>
<td>&lt;19 yrs old, $320</td>
<td>$165</td>
</tr>
<tr>
<td>Unlawful use of ID/fake ID</td>
<td>$320 &amp; Loss of Driver’s License 1 yr</td>
<td>$300 &amp; Loss of Driver’s License 1 yr</td>
</tr>
<tr>
<td>Possession of alcohol on public property or business parking lots</td>
<td>$175</td>
<td>$165</td>
</tr>
</tbody>
</table>

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