



Alcohol & Nutrition

Alcohol is often referred to as a drink with “empty calories,” which means it provides the body with calories that offer little nutritional value. Multiply the number of drinks you have per night by the calorie content and it can lead to unnecessary weight gain over time. Studies suggest consuming alcohol before a meal stimulates appetite, leading to increased food intake. By consuming alcohol in moderation, you can enjoy it as a treat like other food and drinks.

Did you know?

- The majority (84.9%) of OSU students have 0-6 drinks when they party.
- Approximately 21.0% of OSU students choose not to drink at all!
- 86.5% eat before and/or while drinking or choose not to drink.

Source: American College Health Assessment, 2018

What is a serving?

Beer	12 oz
Wine	5 oz
80 Proof Hard Liquor	1.5 oz

Standard Drink

$$\frac{\# \text{ oz} \times \% \text{ alcohol}}{0.5}$$

	<u>Moderate Drinking</u>	<u>At-Risk Drinking</u>
Men	2 drinks/day	>4 drinks/day OR >14 drinks/week
Women	1 drink/day	>3 drinks/day OR >7 drinks/week

If you drink 6 regular beers in one night, that's 900 calories! If you need 2000 calories per day, that's nearly half of your calorie needs!

Calories in Alcohol

Calorie information can vary for different drinks and brands, however, below are general examples.

Beverage	Ounces	Calories
80 proof hard liquor	1.5	97
Bomb (liquor + energy drink)	5	160
Red Wine	5	125
White Wine	5	120
Jack & Coke	6	161
Light Beer	12	110
Regular Beer	12	150
Hard Seltzer	12	110
Hard Lemonade	12	240
Hard Cider	12	200
Moscow Mule	8-12	210-315
Long Island Iced Tea	8-12	256-384
Margarita	8-16	226-452
Four Loko	23.5	660

Fitness & Nutrition

- Alcohol contains **7 calories per gram**.
- Alcohol can impact your **body** and **long-term fitness goals**.
- Those who drink alcohol after a workout experience more **muscle soreness**.
- Your **metabolism slows** down dramatically when you consume alcohol.
- Alcohol can stimulate your **appetite**, which can cause **overeating**.
- Alcohol is a **diuretic** and not enough fluid can decrease blood flow to the muscles, which can **slow down recovery**.
- Alcoholic beverages primarily consist of water, ethanol, and **variable amounts of sugar**.
- Alcohol has been shown to affect the absorption of various vitamins and minerals like **vitamin B** over a long period of time.
- Alcoholic beverages can contain anywhere from **2 to 500g/L of sugar**.

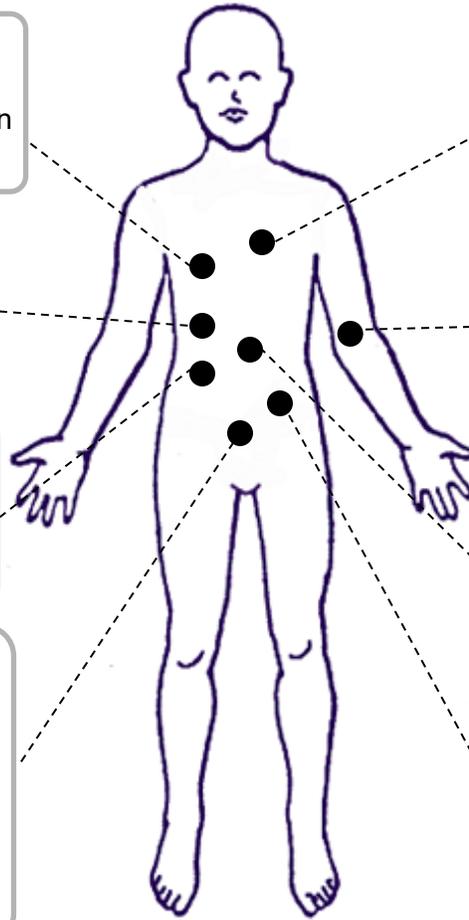
How Alcohol Affects The Body

Lungs—alcohol depresses areas of the brain that control breathing. Excessive doses can lead to respiratory arrest.

Kidneys—alcohol interferes with the ability to absorb water. Causes urination and dehydration.

Liver—alcohol causes fat and lactic acid to accumulate, impairing the ability to metabolize sugar.

Genitals—alcohol interferes with normal production of hormones. For men and women, it makes it difficult to get aroused and have an orgasm. In men, it can make it difficult to get and keep an erection.



Heart—low doses of alcohol can decrease blood pressure. Prolonged high doses lead to increases in blood pressure and risk for heart disease.

Skin—alcohol causes blood vessels near the surface to expand. This leads to heat loss and lower body temperature.

Stomach—alcohol stimulates secretion of hydrochloric acid, which irritates the stomach lining leading to nausea, vomiting, and heartburn.

Pancreas—alcohol causes secretion of too much insulin. The result is low blood sugar and low energy.

Smart Drinking

- **Pace yourself.** Alcohol affects the brain within 10 seconds. Drink slowly to avoid sudden feelings of intoxication.
- **Know your limit.** Alcohol affects everyone differently based on factors like height, weight, and gender. So pay attention to how much you're drinking and know when to call it quits.
- **Know your body's limits.** Drink slowly and try to take a 30 minute break between drinks. Alternate between alcoholic drinks and low-calorie, non-alcoholic drinks. Drink water to stay hydrated.
- **Have a healthy meal before hitting the bars.** Snack on healthier options throughout the night like pretzels, nuts, granola bars, or fruit.
- **Ditch the pre-game drinking games.** Throwing back a couple of drinks before heading to a bar or party can be dangerous.
- **Drink with low tolerance friends.** Just because your friend can drink more liquor than you doesn't mean you have to compete.
- **Avoid jungle juice** and drinks you haven't made yourself.
- **Guard your drink.** Never leave your drink unattended.
- **Relieve stress and have fun** with friends in ways that don't have to involve drinking (i.e. sports, games, movies).