**Alcohol**

Alcohol is a thin, clear liquid with a harsh burning taste consumed generally for its intoxicating effects.

It is available in the form of various alcoholic beverages.

Alcohol supplies 7 kcal of energy per gram, but it is a harmful drug to the body rather than just calculating calories.

Alcohol is made from sugar through a method called “Fermentation” in which “yeast” breaks down sugar into alcohol and carbon dioxide. Different alcoholic beverages are made from different sources of cereals or fruits.

**Alcohol and Carbohydrate Content of Different Alcoholic Beverages**

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| --- | --- | --- | --- | --- |
| **Alcoholic Beverages** | **Quantity** | **Alcohol content in %** | **Carb content** | **Calories** |
| Beer | 1 Beer can  355ml | 4-8% alcohol | 13 gm | 150 kcal |
| Red Wine | 1 Wine glass 48ml | 10-14% alcohol | 4 gm | 128 kcal |
| White Wine | 1 Wine glass  148ml | 10-14 %alcohol | 4 gm | 121 kcal |
| Liquors (whisky, rum, vodka, brandy) | 1.5 small peg  44ml | 30-45 %alcohol | 0 gm | 98 kcal |

**Dos and Don’ts to Reduce the negative effects of Alcohol**

1. Strictly limit the quantity of alcohol consumed at a time, since the effects of alcohol get worse when a higher quantity is consumed.
2. Consume the alcoholic drink slowly over a longer period of time – since its effects are worse with faster alcohol consumption.
3. Do not have alcohol on an empty stomach. Do not skip any meals – since the effects of alcohol are worse on an empty stomach.
4. Drink plenty of water during the day and during periods of alcohol intake – since its effects are worse if the person is in a dehydrated state.
5. Avoid consuming alcohol while smoking or along with the intake of caffeine, drugs, or medications – as it may worsen the effects of alcohol.
6. Along with alcohol, do not consume high-fat or fried foods, or foods high in sugar or starch- since that would add on to a high load of calories at a time.
7. Ensure a good meal of protein, fiber, and other high-thermogenic foods – both to reduce alcohol absorption and to maintain a higher metabolism.
8. Persons who are trying to reduce or maintain body fat levels may skip or reduce the carbohydrates in their meals. However, if any carbohydrates are consumed along with alcohol, they must be limited to good-quality and high-fiber carbohydrates.
9. Ensure your diet and supplements are rich in all vitamins and minerals – especially vitamin A, B-complex vitamins, calcium, antioxidant vitamins, and minerals (especially C, E, and zinc).
10. Liver health supplements MUST be added at the earliest **e.g.,** supplements containing milk thistle, cysteine, methionine, and other lipotropic (fat-mobilizers).
11. A High-strength multi-vitamin-mineral (especially containing good quantities of vitamin A and B-complex vitamins and zinc) must be taken daily to prevent nutrient deficiencies.
12. Antioxidants (especially vitamins C, E, zinc, and Coenzyme Q10) must be added to reduce further damage to cells.

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