



## **MINIMIZE YOUR CALORIE INTAKE WHEN CONSUMING ALCOHOL WITH THESE 8 TIPS:**

1. Eat A Sneal® Before Drinking
2. Have A 2-Drink Maximum
3. Use Low-Cal Mixers
4. Take Water Breaks
5. Replace Tonic w/ Seltzer Water
6. Skip The Fufu Drinks
7. Sip Your Drink Slowly
8. Choose Light Beer

# THREE REASONS WHY ALCOHOL HINDERS WEIGHT LOSS.

1. Calories: In this handout you will find that alcohol has calories. A light beer can run you anywhere between 90–105 calories, whereas (what I like to call) a fufu drink can run you up to 300 or more calories. Also keep in mind the following;

**Sugars/Carbs = 4 calories/gram**

**Muscle/Protein = 4 calories/gram**

**Fat = 9 calories/gram**

**Alcohol (completely separate animal) = 7 calories/gram**

**= 11 calories/gram!!**

Alcohol is even worse than sugar! Therefore, if you have a sugary/alcoholic drink then you're consuming 11 calories/gram, which is worse than drinking liquid butter!!

## HARD ALCOHOL

### VODKA



**97  
calories**



**123  
Calories**

**Bloody  
Mary**

**5 g  
Carbs**

**4 g  
Sugars**



**143  
Calories**

**Vodka  
Tonic**

**11 g  
Carbs**

**11 g  
Sugars**



**161  
Calories**

**Dirty  
Martini**

**1 g  
Carbs**

**0 g  
Sugars**



**216  
Calories**

**Moscow  
Mule**

**17 g  
Carbs**

**16 g  
Sugars**

# HARD ALCOHOL

## RUM

97  
calories



225  
Calories

Strawberry  
Daiquiri

35 g  
Carbs

33 g  
Sugars



230  
Calories

Piña  
Colada

30 g  
Carbs

28 g  
Sugars



271  
Calories

Mojito

25 g  
Carbs

23 g  
Sugars



309  
Calories

Mai Tai

30 g  
Carbs

25 g  
Sugars

## TEQUILA

96  
calories



189  
Calories

Tequila  
Sunrise

15 g  
Carbs

11 g  
Sugars



250  
Calories

Classic  
Margarita

22 g  
Carbs

8 g  
Sugars



330  
Calories

Strawberry  
Margarita

70 g  
Carbs

37 g  
Sugars

# HARD ALCOHOL

## WHISKEY



**105**  
calories



**129**  
Calories

Whiskey  
Manhattan

**2g**  
Carbs

**1g**  
Sugars



**155**  
Calories

Old  
Fashioned

**4g**  
Carbs

**4g**  
Sugars



**162**  
Calories

Whiskey  
Sour

**14g**  
Carbs

**14g**  
Sugars



**188**  
Calories

Seven &  
Seven

**16g**  
Carbs

**14g**  
Sugars

## GIN



**110**  
calories



**122**  
Calories

Tom  
Collins

**3g**  
Carbs

**2g**  
Sugars



**144**  
Calories

Gin  
Fizz

**6g**  
Carbs

**5g**  
Sugars



**171**  
Calories

Gin &  
Tonic

**16g**  
Carbs

**15g**  
Sugars



**230**  
Calories

Negroni

**8g**  
Carbs

**0g**  
Sugars



\*Alcohol calories based on 1.5oz shot glass (jigger).

# BEER & CIDER

## LIGHT LAGER



100  
calories

5 g  
Carbs

0 g  
Sugars

## LAGERS



150  
calories

10 g  
Carbs

0 g  
Sugars

## CIDER



200  
calories

20 g  
Carbs

10 g  
Sugars

## STOUT



200  
calories

10 g  
Carbs

0 g  
Sugars

## ALE/IPA



170  
calories

15 g  
Carbs

0 g  
Sugars

**Below is a cheat sheet on the amount of calories in your beer, based on fluid ounces consumed and the alcohol content. \*These are estimated values.**

Alcohol Content:	4%	5%	6%	7%	8%	9%	10%
12 fl.oz.	120	150	180	210	240	270	300
16 fl.oz.	160	200	240	280	320	360	400
20 fl.oz.	200	250	300	350	400	450	500

Calories

Calories

Calories

# WINE & SPARKLING

## RED WINE



## WHITE WINE

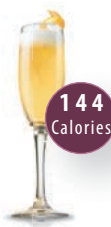


## CHAMPAGNE



Bellini

13 g Carbs  
2 g Sugars



Mimosa

15 g Carbs  
10 g Sugars



Red Velvet

12 g Carbs  
1 g Sugars

# MALT DRINKS



Hard Lemonade



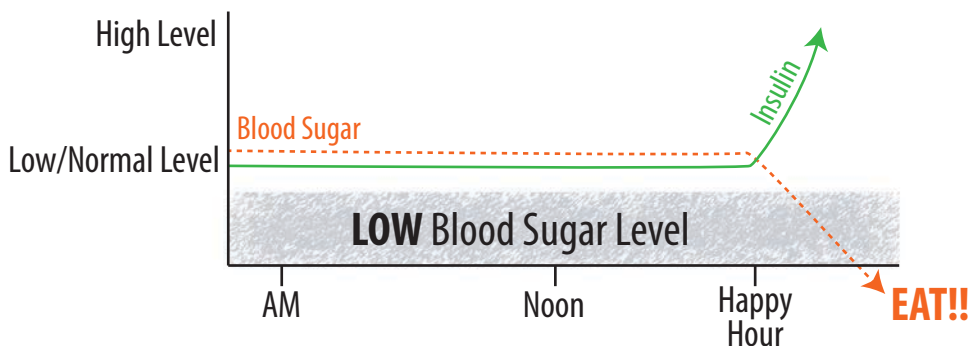
Smirnoff Ice



Four Loko



2. Physiology: What people don't understand is this, using the following graph:



If your blood sugar level gets too low you end up with, hypoglycemia. Everybody thinks it's the shaky, jittery feeling, but it can be headache, fatigue, sleepy, cranky, lack of concentration. So let's say your blood sugars and insulin levels are kept pretty low/normal throughout the day (see orange line). Then you go to happy hour and have a drink, alcohol out competes everything for absorption, it says "get the hell out of the way, I'm coming through!" It even gets absorbed through the stomach lining where most things don't; alcohol stimulates the pancreas to release a huge amount of insulin. So, normally insulin levels go up when blood sugars go up but the blood sugar levels aren't going up so guess where the blood sugars go? They come crashing back down. When they get low like this, the brain tells you to eat, stimulating the feeding frenzy. That is why you always find pretzels, chips and peanuts at the bar. In fact, many bars are now incorporating full menus to take advantage of ones lack of self control.

3. Blood Alcohol (SEE BACK PAGE): To paint a picture, 2 drinks for a 160lb woman can bring their blood alcohol level to greater than .07. At only a level of .05 blood alcohol content causes a decrease in control of desires. So "yeah, I'll have an extra piece of this, an extra piece of that". All of a sudden you don't care anymore, so guess what you're going to do, you're going to have another drink, which stimulates you to eat even more. This is what I call the alcohol story.

**BLOOD ALCOHOL CONTENT (BAC)**  
**Table for Male (M) / Female (F)**

Number of Drinks		Body Weight in Pounds								Driving Condition
		100	120	140	160	180	200	220	240	
0	M	.00	.00	.00	.00	.00	.00	.00	.00	Only Safe Driving Limit
	F	.00	.00	.00	.00	.00	.00	.00	.00	
1	M	.06	.05	.04	.04	.03	.03	.03	.02	Driving Skills Impaired
	F	.07	.06	.05	.04	.04	.03	.03	.03	
2	M	.12	.10	.09	.07	.07	.06	.05	.05	Legally Intoxicated
	F	.13	.11	.09	.08	.07	.07	.06	.06	
3	M	.18	.15	.13	.11	.10	.09	.08	.07	Legally Intoxicated
	F	.20	.17	.14	.12	.11	.10	.09	.08	
4	M	.24	.20	.17	.15	.13	.12	.11	.10	Legally Intoxicated
	F	.26	.22	.19	.17	.15	.13	.12	.11	
5	M	.30	.25	.21	.19	.17	.15	.14	.12	Legally Intoxicated
	F	.33	.28	.24	.21	.18	.17	.15	.14	

**Subtract .01% for each 40 minutes of drinking.**

**1 drink = 1.5 oz. 80 proof liquor, 12 oz. 5% beer, or 5 oz. 12% wine.**