



HOW ALCOHOL AFFECTS OUR BODY



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Table of

CONTENTS

HOW ALCOHOL AFFECTS YOUR WEIGHT LOSS	03
IS ALCOHOL THE “HIDDEN” BOOGIEMAN IN YOUR DIET CLOSET?	07
NOW, LET’S GO THROUGH SOME OF THE MOST POPULAR ALCOHOLIC BEVERAGES AND THEIR MACROS CONTENT	08
19 NON-ALCOHOL BRANDS SO YOU CAN SMASH YOUR 2025 GOALS	17
11 EASY MOCKTAILS / NON-ALCOHOL DRINKS (COMING SOON)	38



HOW ALCOHOL AFFECTS YOUR WEIGHT LOSS

1. Alcohol is often “empty” calories

Alcoholic drinks are often referred to as “empty” calories. This means that they provide your body with calories but contain very little nutrients.

There are almost 155 calories in one 12-ounce can of beer, and 125 calories in a 5-ounce glass of red wine. By comparison, a recommended afternoon snack should have between 150 and 200 calories. A night out with several drinks can lead to consuming a few hundred extra calories.



Drinks that have mixers, such as fruit juice or soda, contain even more calories.

2. Alcohol is used as a primary source of fuel

There are also other elements that can cause weight gain outside of calorie content.

When alcohol is consumed, it's burned first as a fuel source before your body uses anything else. This includes glucose from carbohydrates or lipids from fats.

When your body is using alcohol as a primary source of energy, the excess glucose and lipids end up, unfortunately for us, as adipose tissue, or fat.

3. Alcohol can affect your organs

The primary role of your liver is to act as the “filter” for any foreign substances that enter your body, such as drugs and alcohol. The liver also plays a role in the metabolism of fats, carbohydrates, and proteins.

Excess alcohol consumption can lead to what is known as alcoholic fatty liver.

This condition can damage your liver, affecting the way your body metabolizes and stores carbohydrates and fats.

Changes in the way your body stores energy from food can make it very difficult to lose weight.



4. Alcohol can contribute to excess belly fat

The “beer gut” isn’t just a myth.

Foods high in simple sugars, such as those found in candy, soda, and even beer, are also high in calories. Extra calories end up stored as fat in the body.



Consuming foods and drinks high in sugar can quickly lead to weight gain.

We can't choose where all that extra weight ends up. But the body tends to accumulate fat in the abdominal area.

5. Alcohol affects judgment calls... especially with food

Even the most die-hard diet fan will have a hard time fighting the urge to dig in when intoxicated.

Alcohol lowers inhibitions and can lead to poor decision-making in the heat of the moment – especially when it comes to food choices.

However, the effects of alcohol surpass even social drinking etiquette.



A recent animal study found that mice given ethanol over a period of three days demonstrated a significant increase in food intake. This study suggests that alcohol can actually trigger hunger signals in the brain, leading to an increased urge to eat more food.

6. Alcohol and sex hormones

It's long been known that alcohol intake can affect levels of hormones in the body, especially testosterone.

Testosterone is a sex hormone that plays a role in many metabolic processes, including muscle formation and fat burning capabilities.

One study found that low testosterone levels may predict the prevalence of metabolic syndrome in men. Metabolic syndrome is characterized by:

- ✓ high cholesterol
- ✓ high blood pressure

- ✓ high blood sugar levels
- ✓ high body mass index

Plus, lower testosterone levels may affect quality of sleep, especially in older men.

7. Alcohol can negatively affect your sleep

A nightcap before bed may sound like a ticket to a good night's rest but you may want to reconsider.

Research suggests that alcohol can lead to increased periods of wakefulness during sleep cycles.

Sleep deprivation, whether from lack of sleep or impaired sleep, can lead to an imbalance in the hormones related to hunger, satiety, and energy storage.

8. Alcohol affects digestion and nutrient uptake

Your social anxiety isn't the only thing that alcohol inhibits. Intake of alcoholic beverages can also inhibit proper digestive function.

Alcohol can cause stress on the stomach and the intestines. This leads to decreased digestive secretions and movement of food through the tract.

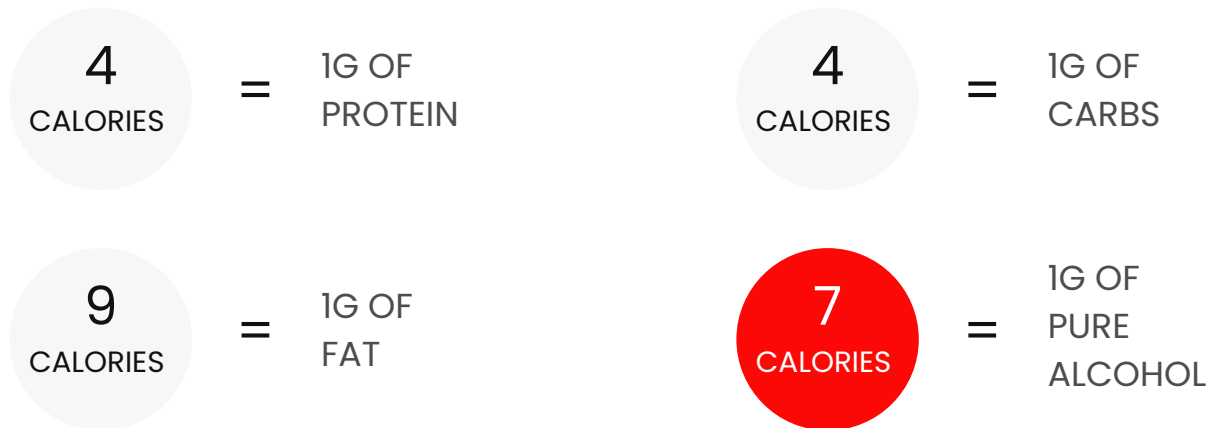
Digestive secretions are an essential element of healthy digestion. They break down food into the basic macro- and micronutrients that are absorbed and used by the body.

Alcohol intake of all levels can lead to impaired digestion and absorption of these nutrients. This can greatly affect the metabolism of organs that play a role in weight management.

Sources: <https://www.healthline.com/health/alcohol-and-weight-loss#alcohol-and-weight-loss>

IS ALCOHOL THE “HIDDEN” BOOGIEMAN IN YOUR DIET CLOSET?

LETS DO THE MATH!



SINCE Alcohol is not an essential nutrient, MOST MACRO COUNTING APPS DO NOT TRACK IT.

SO HOW DO WE TRACK IT? We allocate total calories in drink to carbs and/or fats so it subtracts them from daily total macros.

TRACK AS CARBS:

TOTAL
AMOUNT OF
CALORIES



4



TRACK AS CARBS:

TOTAL
AMOUNT OF
CALORIES



9

You can also track a portion as fats and portion as carbs, but you cannot use your protein macros for alcohol.

FOR EXAMPLE:

If a drink has 200 calories you could track as:

CARBS:

$200/4 = 50\text{g}$ of carbs

FATS:

$200/9 = 22.2\text{g}$ of fats

MIXTURE OF BOTH:

$100/4 = 25\text{g}$ of carbs

$100/9 = 11\text{g}$ of fats



**NOW, LET'S GO
THROUGH SOME
OF THE MOST
POPULAR
ALCOHOLIC
BEVERAGES AND
THEIR MACROS
CONTENT:**

BEER

TRACKED AS

FAT
13.5 G

-OR-

CARBS
30.5 G



122 CALORIES (MICHELOB ULTRA)

16OZ BEER GLASS / 450 GRAMS
NATURALLY CONTAINS GLUTEN



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CHAMPAGNE

FAT
13.8 G

TRACKED AS

-OR-

CARBS
31.25 G



125 CALORIES (GENERIC)

1 FLUTE / 150 G

NORMALLY HIGHEST IN SUGAR



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WINE

TRACKED AS

FAT
14.4 G

-OR-

CARBS
32.5 G



130 CALORIES (TABLE WINE)

1 GLASS / 150 GRAMS

RED CONTAINS ANTIOXIDANTS & POLYPHENOLS



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WHISKEY

FAT
23.7 G

TRACKED AS

-OR-

CARBS
53.5 G



214 CALORIES (MAKER'S MARK)

DOUBLE SHOT / 100 GRAMS
HIGHER IN CONGENERS



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VODKA

TRACKED AS

FAT
24.6 G

-OR-

CARBS
55.5 G



222 CALORIES (GREY GOOSE)

DOUBLE SHOT / 100 GRAMS
LOWER IN CONGENERS



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TEQUILA

TRACKED AS

FAT
25.6 G

-OR-

CARBS
57.7 G



231 CALORIES (GENERIC)

DOUBLE SHOT / 100 GRAMS
LOWER IN CONGENERS



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ESPRESSO MARTINI

FAT
22.1 G

CARBS
49.75 G

TRACKED AS

-OR-



199 CALORIES

4OZ MARTINI GLASS / 113 GRAMS
LOWER IN CONGENERS



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SANGRIA

FAT

7.8 G

TRACKED AS

-OR-

CARBS

17.7 G



71 CALORIES

5OZ GLASS / 140 GRAMS

LOWER IN CONGENERS



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19 NON-ALCOHOL BRANDS SO YOU CAN SMASH YOUR 2025 GOALS



NA SPARKLING ROSÉ

BRAND: PRIMA PAVE ROSÉ

SERVING SIZE - 100 ML

PROTEIN

< 1 G

CARBS

3.2 G

FAT

< 1 G

CALORIES

19 CAL



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NA WHITE WINE

BRAND: PRIMA PAVE BIANCA D'OR

SERVING SIZE - 100 ML

PROTEIN

< 1 G

CARBS

3.1 G

FAT

< 1 G

CALORIES

12 CAL



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ESPRESSO MARTINI

BRAND: SPIRITLESS

SERVING SIZE - 118 ML

PROTEIN

0 G

CARBS

8 G

FAT

0 G

CALORIES

35 CAL



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NA TEQUILA

BRAND: SPIRITLESS JALISCO

SERVING SIZE - 59 ML

PROTEIN

0 G

CARBS

3 G

FAT

0 G

CALORIES

10 CAL



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NA WHISKY

BRAND: SPIRITLESS KENTUCKY

SERVING SIZE – 59 ML

PROTEIN

0 G

CARBS

4 G

FAT

0 G

CALORIES

16 CAL



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NA COCKTAILS

BRAND: SPIRITLESS OLD FASHIONED

SERVING SIZE - 250 ML

PROTEIN

0 G

CARBS

13 G

FAT

0 G

CALORIES

52 CAL



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NA COCKTAILS

BRAND: SPIRITLESS WHISKEY SOUR

SERVING SIZE - 250 ML

PROTEIN

0 G

CARBS

8 G

FAT

0 G

CALORIES

35 CAL



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NA COCKTAILS

BRAND: SPIRITLESS MARGARITA

SERVING SIZE - 250 ML

PROTEIN

0 G

CARBS

20 G

FAT

0 G

CALORIES

80 CAL



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NON-ALCOHOL WINE

BRAND: STARLA SAUVIGNON BLANC

SERVING SIZE - 150 ML

PROTEIN

0 G

CARBS

4 G

FAT

0 G

CALORIES

20 CAL



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NA ROSÉ

BRAND: SURELY SPARKLING ROSÉ

SERVING SIZE - 250 ML

PROTEIN

0 G

CARBS

3 G

FAT

0 G

CALORIES

16 CAL



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NA ROSÉ

BRAND: VINADA® TINTELING TEMPRANILLO ROSÉ

SERVING SIZE - 100 ML

PROTEIN

< 1 G

CARBS

5 G

FAT

0 G

CALORIES

22.4 CAL



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NA RED WINE

GIESEN 0% – PREMIUM RED!

SERVING SIZE – 360 ML

PROTEIN

1.5 G

CARBS

14 G

FAT

0 G

CALORIES

67 CAL



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NA RED WINE

FRE ALCOHOL-REMOVED CABERNET SAUVIGNON

SERVING SIZE - 230 ML

PROTEIN

0 G

CARBS

16 G

FAT

0 G

CALORIES

64 CAL



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NA RED WINE

NON-ALCOHOLIC GRENACHE SHIRAZ MATARO

SERVING SIZE - 100 ML

PROTEIN

< 1 G

CARBS

3.5 G

FAT

< 1 G

CALORIES

15 CAL



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NA SPARKLING RED

NON-ALCOHOLIC PREMIUM RESERVE SPARKLING SHIRAZ

SERVING SIZE - 150 ML

PROTEIN

< 1 G

CARBS

7.5 G

FAT

< 1 G

CALORIES

32 CAL



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NA RED WINE

PURE VISION ZERO SHIRAZ

SERVING SIZE – 100ML

PROTEIN

< 1 G

CARBS

6 G

FAT

< 1 G

CALORIES

26 CAL



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NA RED WINE

TREAD SOFTLY EVERYTHING EXCEPT PINOT NOIR

SERVING SIZE - 100 ML

PROTEIN

< 1 G

CARBS

2.7 G

FAT

< 1 G

CALORIES

13 CAL



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NA RED WINE

GIESEN 0% – NEW ZEALAND MERLOT

SERVING SIZE – 100 ML

PROTEIN

< 1 G

CARBS

3.8 G

FAT

< 1 G

CALORIES

18 CAL



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NA RED WINE

ALTINA PEPPERBERRY SHIRAZ

SERVING SIZE - 100 ML

PROTEIN

< 1 G

CARBS

1 G

FAT

0 G

CALORIES

17 CAL



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Terry's passion & experience of helping women regain confidence, ignite wellbeing and find their true purpose has been propelling her forward for the past 25 years. Terry is a certified nutritionist, personal trainer & emotional eating coach.

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