



BLUE SKY FHT NEWSLETTER

Focus on Alcohol



August 1, 2016

Sunny weather, delicious BBQ and a few drinks to relax over the weekend, sound familiar?

Many people think alcohol is fattening. The truth is alcohol is neither a fat nor a carbohydrate, but provides calories to the diet. Those calories can go down a little too easily, making it very easy to gain extra weight.

Alcohol can be addictive so be careful! If you're having trouble controlling how much you have or trouble stopping, talk to your health care practitioner for help.



Alcohol in moderation is safe. What is moderate alcohol intake?

- ♂ **Women - 1-2 alcoholic beverages/day**
- ♀ **Men - 2-3 alcoholic beverages/day**

How much is one alcoholic beverage?

Beer - 341mL or 12oz of 5% alcohol

Spirits, Liqueurs & Cordials - 43mL or 1.5oz of 40% alcohol

Wine - 142mL or 5oz of 12% alcohol

Coolers - 341mL or 12oz of 5% alcohol



Effect of Too Much Alcohol

On your mood...

Alcohol can make you feel good in the moment, but is actually a depressant so can make you feel depressed.



On your blood sugars...

Some drinks can really raise your blood sugar, other drinks put you at risk for low blood sugar, particularly if you take insulin.



On your cholesterol...

Too much alcohol can increase your triglycerides, increasing your risk of heart conditions.



On your baby...

Alcohol reaches your baby through your blood stream and can cause harm to the baby.



On your liver...

Your liver has many functions and too much alcohol can affect how your liver works.

