

What About Alcohol?

Try to be cautious about alcohol intake, especially on days when you are active physically. Alcohol is not recommended for hydration purposes. Alcoholic beverages are quite caloric and can increase your risk for heat illness and muscle cramps.

Dangers of heavy drinking

- Increases risk of stroke
- Heart and central nervous system damage
- Liver and pancreas damage
- Dehydration and heat illness risk increased
- Vitamin deficiencies, especially B vitamins
- Increases risk for certain cancers
- Sexual impotence



Moderate consumption of ethanol can:

- Decreases risk of stroke
- Decreases risk of cardiovascular disease
- Reduces atherosclerotic plaque buildup in arteries
- Increases HDL cholesterol
- Decreases platelet aggregation

Moderate consumption = 1 drink for a female and 2 for a male
1 drink = 12 oz. of beer, 5 oz. of wine, or 1.5 oz. of distilled spirits (80 proof)

Average Energy Content

- 1) light beer (12oz) = 103 calories
- 2) red wine (5oz) = 125 calories
- 3) regular beer (12oz) = 153 calories
- 4) white wine (5oz) = 121 calories
- 5) distilled spirits (1.5oz) = 96 calories

Most energy is empty calories

Tips to Reduce Alcohol Intake

- Mix distilled spirits using diet soda, club soda, or 100% fruit juice
- Alternate between alcoholic and non-alcoholic beverages
- Eat a full meal while or before drinking
- Set reasonable limits before drinking starts

Interesting findings about beer consumption

Scottish Researcher has found that if you alternate water with beer consumption, you can still rehydrate well because of the sodium content in the beer helps in replenishing sweat losses. Obviously still honor moderate consumption guidelines and this would only be appropriate for people of drinking age.