

## **Alcohol and Weight Maintenance Simply Don’t Mix**

Recent studies have shown that a glass of red wine each evening can actually lower your risk for heart disease and certain types of cancer. What these studies don’t tell you is that if you’re trying to lose weight that glass of red wine can add unwanted calories.

**You do the math:**

6 oz. of red wine = 121 calories

1 -- 6oz. glass each evening = 847 calories per week

**How long must you train to work off that glass of red wine?**

- A 130lb. woman burns approximately 360 calories with a typical one-hour training session (30 minutes resistance training and 30 minutes walking at a moderate intensity)
- A 180lb. man burns approximately 480 calories with the same workout.

1 – 6oz. glass of red wine each evening = 141 training minutes for a 130lb. woman  
= 106 training minutes for a 180lb. man

Following is a chart showing the nutrition facts for various alcoholic beverages.

**Other alcohol facts:**

- Acetate – the substance in which the majority of alcohol is broken down in the body – replaces fat as a fuel source.
- Studies have shown that alcohol consumed prior to a meal results in more fat and calories consumed at that meal.
- Heavy drinking raises your cortisol levels. Cortisol increases the breakdown of testosterone for as long as 24 hours after a single bout of heavy drinking.

**NO MORE EXCUSES!**

**Personally Fit – Lafayette’s Premier Health Club for Women**

**Alcohol Calories**

Item	Portion	Calories	Fat Grams	Mg Sodium
Beer	12 fl. oz.	99	0.0	57
Regular	12 fl. oz.	146	0.0	18
Light	12 fl. oz.	99	0.0	11
Bloody Mary	5 fl. oz.	115	0.0	332
Champagne	6 fl. oz.	135	0.0	18
Daiquiri	6 fl. oz.	330	0.2	9
Gin				
80 proof	1 ½ fl. oz.	103	0.0	0
86 proof	1 ½ fl. oz.	111	0.0	0
90 proof	1 ½ fl. oz.	117	0.0	0
100 proof	1 ½ fl. oz.	131	0.0	0
Margarita, with salt	6 fl. oz.	92	0.0	1682
Pina Colada	6 fl. oz.	330	3.4	11
Rum				
80 proof	1 ½ fl. oz.	103	0.0	0
86 proof	1 ½ fl. oz.	111	0.0	0
90 proof	1 ½ fl. oz.	117	0.0	0
100 proof	1 ½ fl. oz.	131	0.0	0
Sherry, medium	6 fl. oz.	210	0.0	11
Tequila Sunrise	6 fl. oz.	195	0.2	7
Vodka				
80 proof	1 ½ fl. oz.	103	0.0	0
86 proof	1 ½ fl. oz.	111	0.0	0
90 proof	1 ½ fl. oz.	117	0.0	0
100 proof	1 ½ fl. oz.	131	0.0	0
Whiskey				
80 proof	1 ½ fl. oz.	103	0.0	0
86 proof	1 ½ fl. oz.	105	0.0	0
90 proof	1 ½ fl. oz.	117	0.0	0
100 proof	1 ½ fl. oz.	131	0.0	0
Wine, dessert (18.8% alcohol )				
Dry	6 fl. oz.	224	0.0	16
Sweet	6 fl. oz.	272	0.0	16
Wine, table (12.2% alcohol)				
Muscatel	6 fl. oz.	279	0.0	7
Red, dry	6 fl. oz.	121	0.0	18
White, dry	6 fl. oz.	117	0.0	7
White, medium dry	6 fl. oz.	133	0.0	37
Wine Spritzer	6 fl. oz.	91	0.0	22