

Visit 3 - How Much Am I Drinking?

Calories, Money Spent, Blood Alcohol Concentration, etc

Self-Assessment for Drinking
AUDIT in Handbook

Last visit we focused on how much alcohol was in a standard drink and encouraged you to use the online tool to calculate the number of standard drinks in your typical beverages.

Today we are going to talk about the effect of this consumption on your weight (e.g. calories) and on your wallet (e.g. how much money you are spending).



Alcohol, Calories, and Weight



Alcoholic beverages supply calories *but few nutrients* and may contribute to unwanted weight gain. If you need to lose weight, looking at your drinking may be a good place to start.

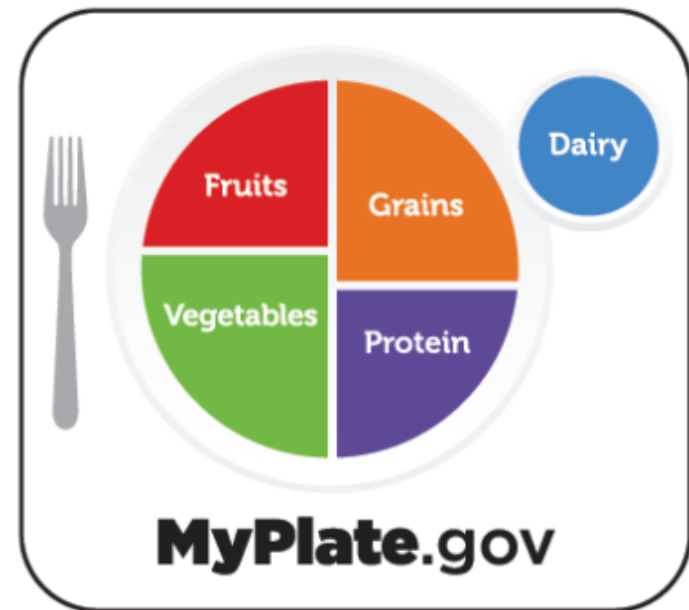
A well-balanced diet should contain vegetables, protein, dairy, and complex carbohydrates.

Alcohol does not contain any of these.

Consequently individuals with chronic heavy alcohol drinking often have nutritional deficiencies even if they are at a healthy weight or overweight.

Nutrition Facts	
About 13 servings per container	
Serving size 6 crackers (30g)	
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	11%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.7mg	4%
Potassium 120mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Create a Healthier Eating Style With MyPlate

What Happens When Calories Come From Alcohol Instead of Food?



- Alcohol calories **don't provide protein, fiber, vitamins, or minerals**
- Replacing food with alcohol can lead to **poor nutrition** and low energy
- Alcohol can interfere with **blood sugar control**, increasing hunger or cravings later
- Over time, this pattern may contribute to **weight changes and health problems**

Alcohol also causes drowsiness and interferes with sleep – preventing you from having adequate energy to burn off added calories the next day

Alcohol, Calories, and Weight



- Alcohol contains **empty calories**—they provide energy, but little to no nutrition
 - Many alcoholic drinks also include **added sugars**, which can increase calorie intake
 - Alcohol can make it harder for your body to **burn fat**, especially while it's being processed
 - Drinking may also increase **appetite or cravings**, leading to eating more than planned
- Over time, these extra calories can add up and may contribute to weight gain.

HOW MANY CALORIES ARE YOU DRINKING?

<p>A spirit and coke has similar calories to a blueberry muffin</p> 	<p>A pina colada has similar calories to a doughnut</p> 	<p>A glass of wine has similar calories to a slice of cake</p> 
<p>A 50ml of liqueur has similar calories to two sausages</p> 	<p>A pint of lager has similar calories to a slice of pizza</p> 	<p>A frozen margarita has similar calories to a cheeseburger</p> 

Chronic Alcohol drinking can be an expensive habit



Do you know how much money you're spending on alcohol each week, month, or year? Over time, the costs can add up quickly!

For example, let's assume you are a wine drinker. You buy wine at local a store for \$20/bottle.

If you had 1 glass per day, this would cost you \$1,456/year

If you had 2 glasses per day, this would cost you \$2,912/year

If you consume 1 bottle per day, that is \$607/month or \$7,280/year



Today's Interactive Session:

Visit this Website to Calculate:

1) the number of calories you are consuming.

To lose 1 pound a week, you need to consume about 500 fewer calories a day than your body burns. It's best to combine eating (and drinking) less with being more physically active.

1) the amount of money you are spending on alcohol.

You can revisit this page any time in the future to spend more time exploring it. You will write these numbers down in your notebook so don't forget them.



Alcohol Calorie Calculator

Alcohol beverages supply calories but few nutrients and may contribute to unwanted weight gain. If you need to lose weight, looking at your drinking may be a good place to start.



Alcohol Spending Calculator

Do you know how much money you're spending on alcohol each week, month, or year? Over time, costs can add up quickly!

<https://rethinkingdrinking.niaaa.nih.gov/tools/calculators/alcohol-calorie-calculator>

<https://www.rethinkingdrinking.niaaa.nih.gov/Tools/Calculators/alcohol-spending-calculator.aspx>



Today's Writing Assignment:

Place today's date in our notebook.

Under today's date write: Visit 3

- How many calories are you consuming in alcohol each week?
- How much money did you spend in the last year on alcohol?

Now, imagine you had all of that money back! Write a sentence describing what you would like to do with that money now if you had it back?

Once you are done a staff member will come check on you and go over your written material with you.