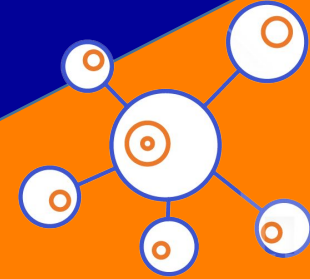


## Macronutrients - truth about Alcohol

1.21.21



## Quick breakdown

## Alcohol

- Beer, liquor & wine
- Ethanol

They supply **7** calories per gram.

“If you really **like to drink alcohol during special events and celebrations**, it takes much easier to consume lots of calories in a single sitting.”



Alcohol is part of most folks' lives whether they are hi-level athletes or otherwise.

Alcohol's social affinity make it easy to consume rapidly. **So, folks really can add hundreds of calories from drinking without noticing at all.**

Structurally, they are kind of a hybrid of a carbohydrate and a fat.

Let's talk WINE. Let's say that if you stop at five ounces when we pour a wine that yields **123 calories.**

Every alcohol shot is about 105 calories, and it's a very small volume. Very easy to consume. It's easy to rack up the calories.

**So easily two or three glasses,  
can add 400 calories of  
wine drinking.**



# ALCOHOL

- Wine
  - 5 ounces = ~123 calories
- Beer
  - 1 can = ~150 calories
- Spirit = ~150 cal
  - Margarita = 150 cal
  - Mixed drink (e.g. gin & tonic) = 150
  - Russian Mule = 180 cal
  - Dirty Martini = 240 cal

## true facts on alcohol

[👉 \*Intermittent fasting Breakdown\*](#)

[👉 \*Kettlebell EMOM #3 1.21.21\*](#)

