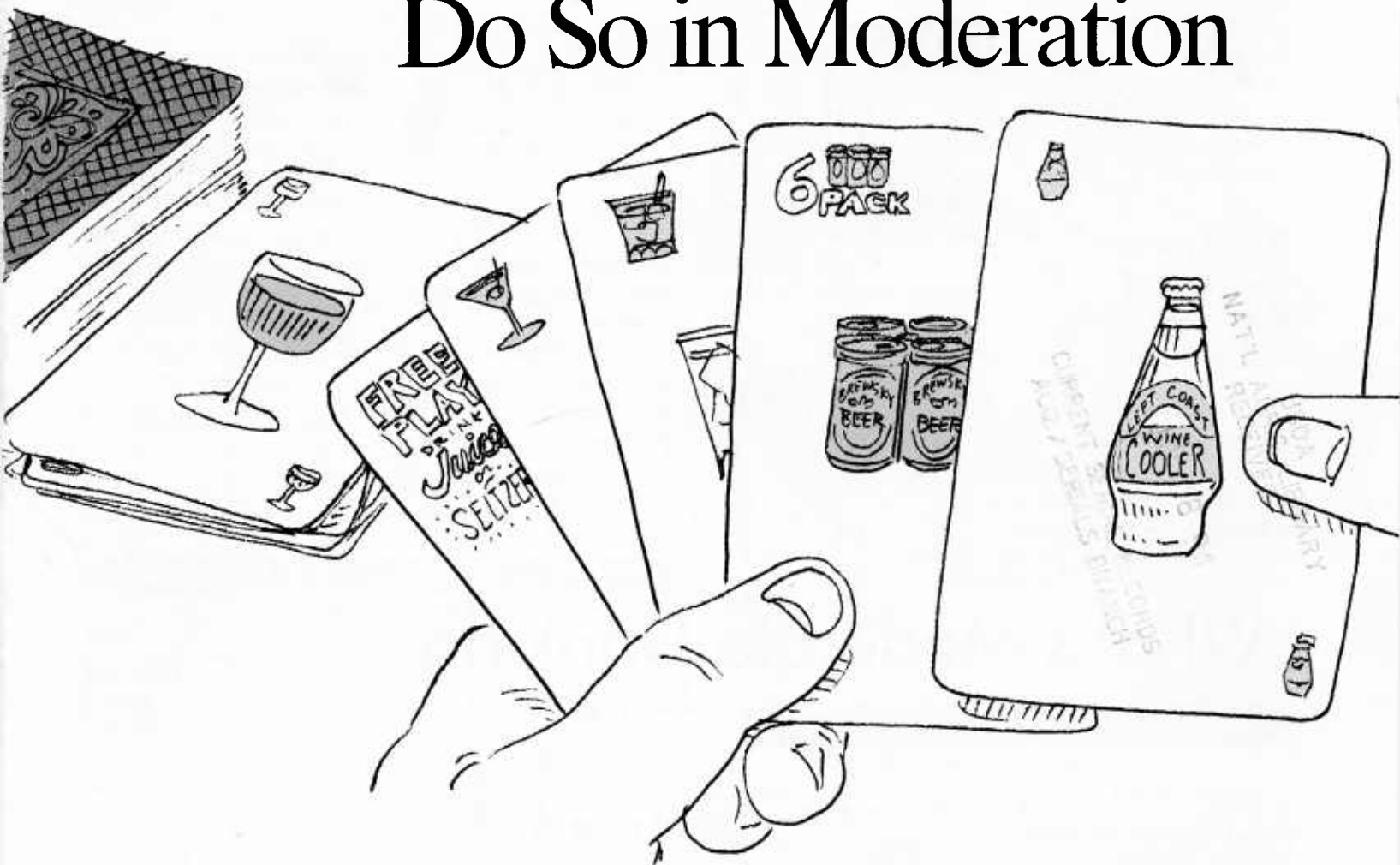




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# If You Drink Alcoholic Beverages, Do So in Moderation



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## Alcohol — What Are the Risks?

**A**lcoholic beverages such as beer, wine, and whiskey supply calories but few or no nutrients. Heavy drinkers may be malnourished because they often do not eat enough food to get the vitamins and minerals they need. Their bodies may also not be able to absorb all of the nutrients in the food they eat.

Drinking alcoholic beverages is linked with many health problems. Too much alcohol may cause cirrhosis of the liver, inflammation of the pancreas, damage to the brain and heart, and increased risk for some cancers.

(Continued on p. 2)

### READ ON FOR...

What's moderate drinking?	p.2
Alcohol and calories	p.3
What's in a name?	p.4
Making the choice not to drink alcohol	p.5
When you're pregnant	p.6
Recipes	p.6



Some studies have suggested that moderate drinking is linked to lower risk for heart attacks. However, drinking is also linked to higher risk for high blood pressure and stroke.

Finally, drinking alcoholic beverages is the cause of many accidents and can lead to addiction. For all these reasons, drinking alcoholic beverages is not recommended. If adults choose to drink them, they should drink them only in moderate amounts.

### Some people should **not** drink alcoholic beverages:

■ **Women who are pregnant or trying to conceive.** There is not adequate proof that an occasional drink is harmful. However, major birth

defects have been seen in babies whose mothers were heavy drinkers while they were pregnant. So women who are pregnant or trying to become pregnant should not drink alcoholic beverages because we don't know how much is too much.

■ **Individuals who plan to drive or engage in other activities that require attention or skill.**

Most people still have some alcohol in the blood 3 to 5 hours after even moderate drinking.

■ **Individuals who use medicines, even over-the-counter kinds.**

Alcohol may change the way medicine works in the body — lessening the benefits of the medicine or even making it toxic. Also, some medicines can raise the level of alcohol in the blood or increase alcohol's damaging effect on the brain.

■ **Individuals who cannot keep their drinking moderate.**

This is a special concern for recovering alcoholics and people whose family members have alcohol problems.



■ **Children and adolescents.**

Like adults, children and adolescents who drink alcoholic beverages risk harming their health and development. If teens drink and drive, they risk having an alcohol-related accident. Also for children and teens, drinking or buying alcoholic beverages is illegal.



# What's Moderate Drinking?

**WOMEN:** No more than 1 drink a day

**MEN:** No more than 2 drinks a day

Recent research indicates that women have higher blood alcohol levels after having one drink than men do. Women have less activity of an enzyme that helps metabolize alcohol in the body. Thus, women are more vulnerable to the acute and chronic complications of alcoholism.

## Count as a drink...



12 fluid ounces of regular or light beer



5 fluid ounces of table wine



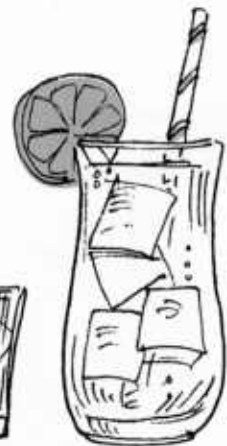
3-1/2 fluid ounces of dessert wine



7 fluid ounces of light wine



1-1/2 fluid ounces of gin, rum, whiskey (80 proof)

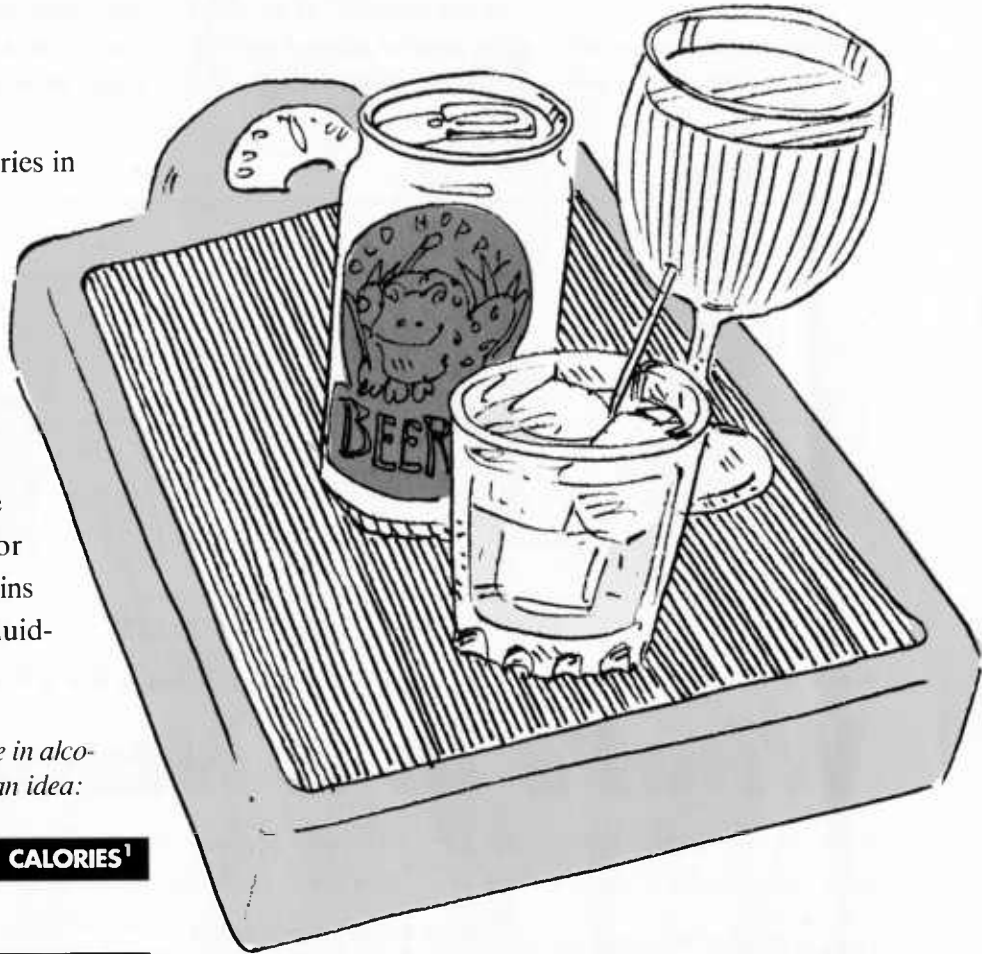


1 mixed drink (see chart on page 3 for size)

# Alcohol and Calories

**A**lcoholic beverages generally contain calories but few nutrients. The calories in alcoholic beverages come from alcohol and sugars. Limiting intake of alcoholic beverages makes room for foods that provide important nutrients. The table below gives you an idea of how alcoholic beverages differ. Be sure to check serving size when comparing beverages. In general, the amount of alcohol in a serving is about the same, though the serving size may vary. For example, a 12-fluid-ounce regular beer contains about the same amount of alcohol as a 5-fluid-ounce glass of table wine.

*How much alcohol and how many calories are in alcoholic beverages? The table below will give you an idea:*



DRINK	SIZE (fluid ounces)	ALCOHOL (grams)	CALORIES <sup>1</sup>
<b>BEER</b>			
Beer or ale, regular	12	13	150
Beer, light	12	12	100
Beer cooler	12	12	100
Near beer	12	1	30
<b>BRANDY</b>	1-1/2	14	95
<b>CORDIAL OR LIQUEUR</b>	1-1/2	12	160
<b>WINE</b>			
Dessert — sweet vermouth, port, sherry, etc.	3-1/2	16	160
Dry, table, red or white burgundy, chablis, champagne, dry sherry, etc.	5	13	100
Light	5	9	70
Wine spritzer	7	11	85
Wine cooler	12	14	180
Nonalcoholic	5	0	10

DRINK	SIZE (fluid ounces)	ALCOHOL (grams)	CALORIES <sup>1</sup>
<b>LIQUOR</b>			
Gin, 90-proof	1-1/2	16	110
Rum, vodka, 80-proof	1-1/2	14	95
Whiskey bourbon, rye, scotch, 86-proof	1-1/2	15	105
<b>MIXED DRINKS<sup>2</sup></b>			
Margarita	2-1/2	18	170
Gin and tonic	7-1/2	16	170
Whiskey sour	3	15	125
Daiquiri	2	14	110

1 The number of calories from alcohol may vary due to variation of people's response to alcohol.

2 Volume of mixed drinks is without ice. Actual serving with ice could be much larger.

NOTE: There is a wide range of serving sizes for alcoholic beverages. Those listed above are typical servings.

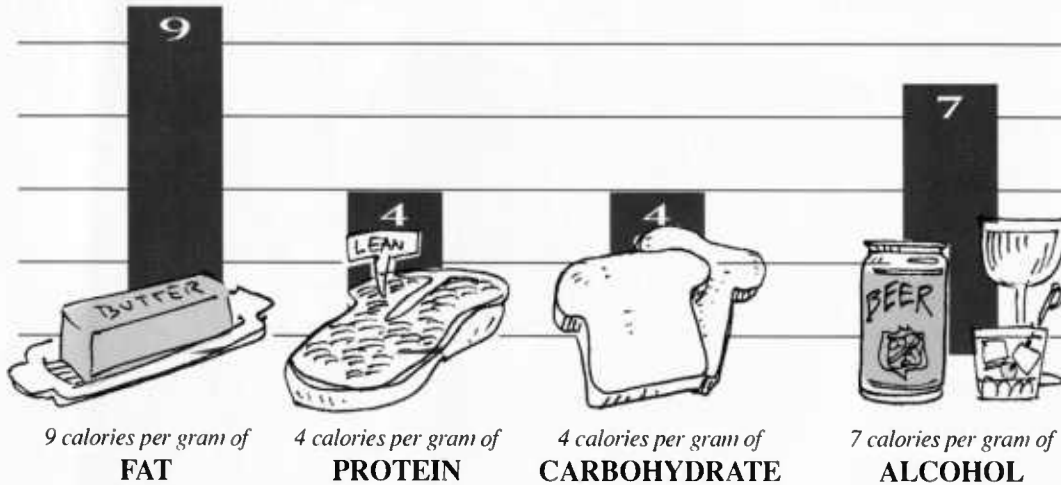


## DID YOU KNOW...

Alcohol provides more calories by weight than protein

and carbohydrate, but fewer calories than fat. The table below compares the approximate number of calories per gram of alcohol with the approximate number of

calories per gram of fat, protein, and carbohydrate. A gram is a unit of measure about the weight of a paper clip. There are about 28 grams in an ounce.



## Alcohol Fact or Fiction?

To see what you already know about alcohol and nonalcoholic beverages, take this quiz. Check your answers with those on page 6.

### True or False

- Heavy drinking may lead to malnutrition.
  - True
  - False
- Cutting out or cutting back on alcoholic beverages is a nutritionally sound way to reduce calories.
  - True
  - False
- A can of beer is much lower in alcohol than a glass of wine.
  - True
  - False
- A can of light beer is much lower in alcohol than a can of regular beer.
  - True
  - False
- A wine cooler has just as much alcohol as a glass of wine.
  - True
  - False
- During pregnancy, it is safest not to drink alcoholic beverages.
  - True
  - False

## What's in a Name?

What's the difference between light beer and regular beer? Does light wine have fewer calories than regular wine? Here are some descriptions:

**LIGHT BEER** — light beer generally contains about one-third fewer calories than the regular beer produced by the same brewer because it contains less carbohydrate. Alcohol content is about the same as regular beer.

**BEER COOLER** — a beverage made of beer flavored with citrus or orange juice, or carbonated water.

**NEAR BEER** — a malt beverage that has an alcohol content below 0.5 percent by volume. It is labeled "nonalcoholic" when there is less than 0.5 percent alcohol and "alcohol-free" if there is no measurable alcohol content.

**DESSERT WINE** (or fortified wine) — a wine that has brandy or distilled spirits added to it. Dessert wine has a higher alcohol content than table wine.

**LIGHT WINE** — a wine that contains about one-third less alcohol than table wine. The calories are less because the alcohol content is lower.

**WINE SPRITZER** — a beverage consisting of wine and club soda.

**WINE COOLER** — a carbonated beverage containing wine, fruit juice, and added sugars. A typical serving contains as much alcohol and more calories than a 5-fluid-ounce glass of table wine.

# Making the Choice Not To Drink Alcohol



**W**ondering how you will fit in at a party where everyone's drinking alcoholic beverages but you? First of all, everyone else probably isn't drinking alcohol. More and more people choose non-

alcoholic drinks these days.

There are many alternatives to alcoholic beverages. Ask for your favorite mixer or fruit juice, complete with the garnish but without the alcohol. If you're counting calories,

try tomato juice, club soda, or mineral water with a twist of lemon or lime.

**Note the calories and sugars in the nonalcoholic drinks below:**

DRINK	SERVING SIZE	CALORIES	ADDED SUGARS (TEASPOONS)
Club soda, carbonated mineral water, seltzer water	12 fl. oz.	0	0
Tonic water, quinine water	12 fl. oz.	125	8
Flavored mineral water, sugar-sweetened	11 fl. oz.	115	7
Cola, regular	12 fl. oz.	150	9
Ginger ale	12 fl. oz.	125	8
Sparkling cider	8 fl. oz. or 1 cup	115	0*
Orange juice, unsweetened	8 fl. oz. or 1 cup	105	0*
Tomato juice	8 fl. oz. or 1 cup	40	0
Piña colada mix	8 fl. oz. or 1 cup	250	9*
Frozen daiquiri mix	8 fl. oz. or 1 cup	150	9*

\*Does not include the sugar that occurs naturally in fruit juice.

The sugars content of these beverages is translated into equivalent teaspoons of table sugar (sucrose). The actual sugar used in the beverage may be corn syrup or another form of sugar.

## DID YOU KNOW...

Contrary to popular belief, when cooking with alcoholic beverages, the alcohol does not all disappear. Some alcohol evaporates or is burned off, but some remains. It is usually too little to cause concern to most people.

The amount of alcohol left in a food after cooking depends on the amount used and how long the food is cooked. For example:

- A roast cooked for several hours in wine has less than 1 gram of alcohol in a serving.
- A serving of a flamed dessert such as cherries jubilee contains about 2 grams of alcohol.
- A piece of pie such as a brandy alexander pie that is not cooked after adding the brandy may contain as much as 3 grams of alcohol.



## WHEN YOU'RE Pregnant

Drinking alcoholic beverages during pregnancy may cause the infant to have low birth weight, reduced growth rate, birth defects, and/or mental retardation. "Fetal alcohol syndrome" is a condition sometimes seen in infants of mothers who drank heavily during pregnancy. The syndrome is characterized by a specific pattern of physical, mental, and behavioral problems in the baby. No one is sure of how much alcohol a pregnant wom-

an can drink without harming the fetus. This is especially true during the first month of pregnancy when the central nervous system is developing. Also, no one is sure of the harm caused by occasional binge drinking.

Studies show that the more alcoholic beverages the mother drinks, the greater are the risks for her baby. Thus, it is safest to avoid drinking alcoholic beverages during pregnancy.

### Alcohol: Fact or Fiction

Answers to quiz on page 4.

1. **True.**
2. **True.**
3. **False.** A can of regular beer and a glass of table wine have the same amount of alcohol.
4. **False.** A can of light beer is lower in calories than regular beer, but the alcohol content is about the same.
5. **True.**
6. **True.**

# Recipes

Make festive nonalcoholic beverages when you entertain. Use these recipes to get started, then experiment on your own. Remember, juices such as orange and tomato are good sources of some vitamins and minerals.

## ■ Mock Sangria

8 servings, about 1-1/4 cups each without ice

Per serving:

Calories .....	140	Cholesterol .....	0
Total fat .....	Trace	Sodium .....	15 milligrams
Saturated fatty acids .....	Trace		

Sparkling grape juice	25-fluid-ounce bottle
Cranberry-apple juice	3 cups
Orange juice	1 cup
Lime-flavored sparkling water	10-fluid-ounce bottle
Orange slices, cut in half	1 orange
Lime slices, cut in half	1 lime

### To prepare:

1. Chill all ingredients thoroughly.
2. Mix all ingredients except fruit slices together. Add fruit slices and mix well.
3. Serve over ice.



## ■ Orange Smoothie

*This nonalcoholic drink provides nutrients from milk as well as all the nutrients in a serving of orange juice.*

4 servings, about 1 cup each

Per serving:

**Calories** ..... 165      **Cholesterol** ..... 5 milligrams  
**Total fat** ..... 1 gram      **Sodium** ..... 35 milligrams  
**Saturated fatty acids** ... 1 gram

Frozen orange juice concentrate	6-fluid-ounce can
Milk, 2% fat	1 cup
Water	1 cup
Sugar	2 tablespoons
Vanilla	1/2 teaspoon
Ice cubes	8

### To prepare:

1. Place all ingredients in a blender.
2. Cover and blend until smooth.
3. Serve immediately.

## ■ Peachy Punch

*Peaches add flavor and texture to this punch, a tasty treat without any alcohol.*

4 servings, about 1-1/4 cups each

Per serving:

**Calories** ..... 110      **Cholesterol** ..... 0  
**Total fat** ..... Trace      **Sodium** ..... 15 milligrams  
**Saturated fatty acids** ..... Trace

Sliced peaches, in light syrup	16-ounce can
Apple juice	1 cup
Lemon juice	1 tablespoon
Ginger ale	12 fluid ounces

### To prepare:

1. Chill ingredients thoroughly.
2. Blend peaches and syrup until smooth.
3. Add apple and lemon juices; blend.
4. Remove blender jar from power unit. Add ginger ale; mix well. Serve immediately.



## ■ Add Zip to Your Seltzer

*Make your own seltzer beverages. They're more nutritious than a flavored seltzer water when made with fruit juice and no added sugar. For example, try 2 tablespoons of frozen orange juice concentrate mixed with 1 cup of seltzer water.*

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