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### Nutrition and Your Health Dietary Guidelines for Americans : If You Drink Alcoholic Beverages, Do So in Moderation

Cooperative Extension South Dakota State University

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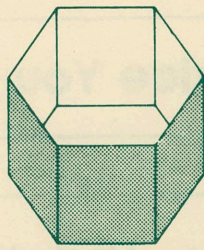
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# Dietary Guidelines for Americans

## If You Drink Alcoholic Beverages, Do So in Moderation

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### From the Editor

This is one of a series of bulletins with tips to help you use the seven Dietary Guidelines in choosing and preparing the foods you eat and serve to others. Following the Dietary Guidelines is a balancing act: getting the variety of foods necessary to supply the nutrients you need, but not too much of other food components—calories, fat and cholesterol, sugar, sodium, and alcohol. This bulletin shows how to moderate your intake of alcoholic

beverages, if you drink at all. But remember, it's important to consider all seven guidelines in building a healthful diet:

- Eat a Variety of Foods
- Maintain Desirable Weight
- Avoid Too Much Fat, Saturated Fat, and Cholesterol
- Eat Foods with Adequate Starch and Fiber
- Avoid Too Much Sugar
- Avoid Too Much Sodium
- If You Drink Alcoholic Beverages, Do So in Moderation

### Alcohol:

### What Are the Risks?

Alcoholic beverages, taken in moderation (one or two standard-size drinks daily), appear to cause no harm in normal healthy nonpregnant adults. Heavy drinkers, however, may develop nutritional deficiencies and more serious diseases, such as cirrhosis of the liver and certain types of cancer, particularly if they also smoke cigarettes.

### Alcohol: Fact or Fiction?

To see what you already know about alcohol and alcoholic beverages, take this quiz. Then read this bulletin and try the quiz again to see how much you have learned. (Answers on page 4.)

True False

- |                          |                          |   |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | 1. Heavy drinking may lead to malnutrition if alcoholic beverages replace foods that have more nutrients. |
| <input type="checkbox"/> | <input type="checkbox"/> | 2. Cutting out or cutting back on alcoholic beverages is a nutritionally sound way to reduce calories.    |
| <input type="checkbox"/> | <input type="checkbox"/> | 3. Ounce for ounce, beer contains more calories than wine.  |
| <input type="checkbox"/> | <input type="checkbox"/> | 4. During pregnancy, it is safest not to drink alcoholic beverages.                                       |
| <input type="checkbox"/> | <input type="checkbox"/> | 5. Alcohol provides most of the calories in many mixed drinks.  |

### What About Drinking During Pregnancy?

Drinking alcoholic beverages during pregnancy can damage the developing fetus. Low birth weight, reduced growth rate, birth defects, and mental retardation may result from excessive alcohol consumption.

"Fetal alcohol syndrome" is a name given to a condition sometimes seen in infants of mothers who drank heavily during pregnancy. The infant has a specific pattern of physical, mental, and behavioral abnormalities.

The exact amount of alcoholic beverages pregnant women may drink without risk to the developing fetus is not known. Also, the risk from periodic bouts of moderate or heavy drinking is not known. Alcohol may be especially damaging to the fetus at certain times during pregnancy. Factors such as cigarette smoking and poor dietary practices may also be involved.

Studies show that the more alcoholic beverages the mother drinks, the greater the risks are for her baby.

**RECOMMENDATION: REFRAIN FROM USE OF ALCOHOLIC BEVERAGES DURING PREGNANCY.**

**REMEMBER: ABSTINENCE OR MODERATION is the best policy when it comes to alcoholic beverages. And PLEASE be responsible. IF YOU DRINK, DON'T DRIVE.**

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# Alcohol and Calories: The Price You Pay

# 14349781

Alcoholic beverages are high in calories, but low in nutrients. People who want to lose weight, or maintain weight at a desirable level, should limit their intake of alcoholic beverages to make room for foods with needed nutrients. The table below gives you an idea of how different alcoholic beverages compare in calories. Pay close attention to serving size when comparing items. A serving of beer is 12 fluid ounces—the size of the average bottle or can—while a serving of wine is only 5 fluid ounces—a little more than one-half cup. How big is *your* wine glass?

Drinks	Approximate Calories
<b>Beer</b>	
Regular beer	12 fl. oz. = 150
Light beer	12 fl. oz. = 95
<b>Liquor</b>	
Gin, rum, vodka, and whiskey (86-proof)	jigger = 105
Vermouth, sweet	jigger = 70
Vermouth, dry	jigger = 55
<b>Wine</b>	
Sweet	5 fl. oz. = 200
Dry table, red	5 fl. oz. = 110
Dry table, white	5 fl. oz. = 115
<b>Cordials and Liqueurs</b>	jigger = 145

If you're making a mixed drink, you have to count the calories in the mixer too:

Carbonated Drinks	Approximate Calories
Fruit-flavored	6 fl. oz. = 90
Root beer	6 fl. oz. = 80
Cola	6 fl. oz. = 80
Ginger ale	6 fl. oz. = 55
Quinine soda	6 fl. oz. = 60
Low-calorie soda (contains artificial sweeteners)	6 fl. oz. = 0-1
Club soda	6 fl. oz. = 0
<b>Fruit and Vegetable Juices (unsweetened)</b>	
Pineapple	6 fl. oz. = 105
Orange	6 fl. oz. = 90
Grapefruit	6 fl. oz. = 75
Tomato	6 fl. oz. = 35

Remember: Fruit and Vegetable Juices Provide You with Vitamins and Minerals in Addition to Calories. Alcohol and Most Carbonated Beverages Provide You with Only Calories.

## Calories: Alcohol versus Foods

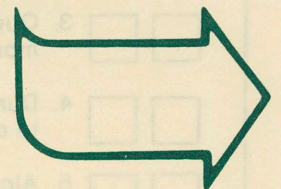
	Calories per gram
Fat	9
Protein	4
Carbohydrate	4
Alcohol	7

The box shows how the calories provided by alcohol compare to the calories provided by the energy-yielding nutrients in foods—fat, protein, and carbohydrate. You can see that alcohol provides more calories per gram than carbohydrate and protein, but less than fat.

## Making the Choice Not to Drink

Wondering how you will fit in at a party where everyone's drinking but you? First of all, everyone else probably isn't drinking alcohol. More and more people choose nonalcoholic drinks these days. There are many alternatives to alcoholic beverages. For example, you might have your favorite mixer or fruit juice, complete with garnish. For fewer calories, try tomato juice, club soda, or mineral water with a twist of lemon or lime.

There are many recipes for festive, nonalcoholic beverages that can be used for entertaining. Here are a few you might like to try.





# Recipes: The Nonalcoholic Alternative

## Mulled Cider

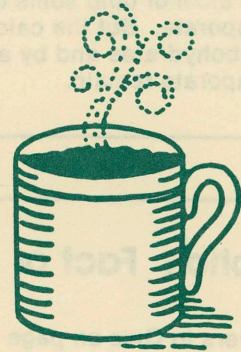
8 servings, about 1/2 cup each

**Per serving:**

Calories.....	60	Cholesterol.....	0
Total fat.....	Trace	Sodium.....	4 milligrams
Saturated fatty acids.	Trace		

Apple cider.....	1 quart
Whole allspice.....	1 teaspoon
Whole cloves.....	1/2 teaspoon
Stick cinnamon, 2-inch pieces.....	2
Lemon slices, thin.....	8

1. Mix all ingredients except lemon slices in a saucepan.
2. Cover and simmer 20 minutes. Remove spices.
3. Serve hot, garnished with lemon slices.



## Pineapple Cooler

8 servings, 1 cup each

**Per cup:**

Calories.....	145	Cholesterol.....	0
Total fat.....	Trace	Sodium.....	3 milligrams
Saturated fatty acids.	Trace		

Pineapple juice, unsweetened.....	46-ounce can
Lemon juice.....	2 tablespoons
Frozen orange juice concentrate.....	6-ounce can
Club soda, chilled.....	10-ounce bottle
Mint sprigs.....	As desired

1. Mix juices and frozen orange juice concentrate. Chill.
2. Add chilled club soda immediately before serving.
3. Serve over ice in tall glasses with straws. Garnish each serving with a sprig of mint, if desired.

## Spicy Cranberry Punch

8 servings, about 1 cup each

**Per serving:**

Calories.....	135	Cholesterol.....	0
Total fat.....	Trace	Sodium.....	7 milligrams
Saturated fatty acids.	Trace		

Cranberry juice cocktail.....	1-1/4 quarts
Whole cloves.....	3
Stick cinnamon, 2-inch piece.....	1
Frozen orange juice concentrate.....	6-ounce can
Water.....	1 cup
Club soda.....	2 cups

1. Heat 1 cup cranberry juice with spices. Simmer, covered, for 5 minutes. Remove spices.
2. Add remaining cranberry juice, orange juice concentrate, and water. Chill.
3. Add club soda just before serving.





## Did You Know...

- Carbohydrates, as well as alcohol, provide calories in beer and wine. When cooking with wine, *some* of the alcohol (and some of the calories) may evaporate. But the calories provided by carbohydrates and by any alcohol that does not evaporate remain.
- Studies show that many people who drink obtain 10 percent or more of their total calories from alcohol.
- One-half of the traffic deaths that occur on U.S. highways are alcohol related.

## Alcohol: Fact or Fiction?

(Answers to Quiz on page 1.)

1. True.
2. True.
3. False. A dry table wine provides about twice as many calories per fluid ounce as a regular beer. Sweet wine would provide more calories, while light beer would provide less.
4. True.
5. False. In *many* mixed drinks, a significant portion of the total calories comes from the nonalcoholic ingredients.

## Want More Information?

- Read the other bulletins in this series.
- Contact your local county Extension agent, public health nutritionist, or dietitian in hospitals or other community agencies.
- Contact the Human Nutrition Information Service (HNIS) for a list of current publications on guidelines topics. The address is U.S. Department of Agriculture, HNIS, Room 360, 6505 Belcrest Road, Hyattsville, Maryland 20782.