



Balancing your Brews

Did you know... an average can or bottle of regular beer has about 150 calories?

While cracking open a cold one once in awhile can be refreshing, those calories can really start to add up if enjoyed regularly. Just an average of 2 beers per day equates to roughly 30 extra pounds of possible weight gain each year.

It's easy to consume extra calories without thinking, but much more difficult to burn them off.

For example, it would take...

- **26 minutes** of jogging
- A **34-minute football** game
- **44 minutes** of hiking
- **38 minutes** of moderate swimming
- **44 minutes** of shoveling snow

each day to burn off an extra 300 calories!



Alcohol causes more than just weight gain. At best, alcohol will make you dehydrated but regular consumption of more than a moderate amount (2 drinks/day for men, 1 drink/day for women) is known to contribute to the development of cancers, primarily of the mouth, throat, liver, stomach, colorectal, and breast. It also can be directly damaging to the entire digestive tract and liver, and contribute to a variety of nutrient deficiencies.

Putting it into perspective:

2 regular 12-oz beers: 312 kcal

A McDonalds Cheeseburger: 313 kcal

1 slice of Domino's Pizza: 308 kcal

1 cup of chili: 308 kcal

1 hot fudge sundae: 304 kcal

Tips to encourage moderation:

- ✓ Drink plenty of water before drinking to avoid consuming alcohol to quench thirst
- ✓ Alternate each alcoholic drink with one that is calorie free, such as water or decaf tea
- ✓ Keep track of how many drinks you've had, and set goals for how much you want to drink *before* you start
- ✓ Be sure to eat something, ideally beforehand, so alcohol is absorbed more slowly
- ✓ Know the standard serving sizes! 1 serving of alcohol is equal to:
 - 12 fl oz beer 4.5% Alc
 - 5 fl oz wine 13.5% Alc
 - 1.5 fl oz hard liquor (70 proof)
 - Higher alcohol drinks have more calories