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ALCOHOL GUIDE

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INTRO

At least a third of the world's population consumes alcohol regularly.
The subject of alcohol is surrounded by controversy and confusion. Headlines hail the benefits of a daily glass of wine one day; yet the next, doom and gloom abounds for anyone who dares to touch a single drop.

No one actually knows whether drinking any amount of alcohol is actually good for us. Certain types of drinks we know come with some health benefits but these are limited.

Too much alcohol is categorically harmful and can significantly impact recovery in any training population. It's recommended by the NHS to drink no more than 14 units of alcohol a week, spread across 3 days or more. That's around 6 medium (175ml) glasses of wine, or 6 pints of 4% beer.

There's no completely safe level of drinking but sticking within these guidelines lowers your risk of harming your health. Weekends, times with friends and holidays are times where we enjoy alcohol. If we want to offset any weight gain, adding alcohol to the equation makes this a tough one to balance. We need to be realistic about the nutrition you need to recover.

That's where this guide comes in. Having a social life when dieting is something that many find hard to do but it doesn't mean you need to completely omit all social occasions.

Luke Seymour
Fitness Coach

Luke Seymour

CALORIES

ALCOHOL CONTAINS 7 CALORIES PER GRAM

That's not to say that every alcoholic beverage only has these calories. Some drinks still have sugar and come from grains, which have proteins or even additional ingredients such as cordial and fruit juices. These add more calories into the beverage. Hence why a 4% beer doesn't only have 28 cals per 100ml of liquid (4x7 calories in 100ml of solution) and has carbohydrate and protein calories additionally too.

If you've trained hard through the week, and are using the weekend to recover, using all of your calories on alcohol won't exactly repair and re-fuel your body ready for the week ahead.

KNOW YOUR UNITS

The idea of alcohol units was introduced to help people keep track of their drinking, relating to the quantity of pure alcohol in a drink. One unit is 10ml or 8g of pure alcohol, which is around the amount of alcohol the average adult can process in an hour.

The processes of fat and protein metabolism in the body are halted until alcohol is removed from the bloodstream. Within an hour of drinking one unit, in theory, 'most' adults will have metabolised the alcohol, however, it is unique to the individual. The number of units in a drink changes depending on the amount and strength of the drink.

For example: A pint of strong lager (5% ABV and above) contains 3 units of alcohol, whereas the same volume of lower-strength lager (under 4%) has just over 2 units.

Knowing your units might help you plan and be informed about your drinking habits.

ONE UNIT OF ALCOHOL AVERAGELY EQUATES TO:

- **1 SHOT MEASURE OF 40% SPIRITS**
- **80ML OF A 12% WINE**
- **1/2 PINT OF LOW STRENGTH (UNDER 4% ABV) BEER**

A typical 13% medium (175ml) glass of red wine has around 2.3 units of alcohol. According to the UK Chief Medical Officers' low risk drinking guidelines, adults should drink less than 14 units per week.

Drinking more than 1.5 bottles of wine or 6 pints of beer over a week would put you above the UK Chief Medical Officers' (CMO) low risk drinking guidelines.

Based on average levels across alcohol, here's how the units compare to their serving size, relative food intake and how long that might take to burn on average from running.

UNITS AND SERVING SIZES					
DRINK	**SERVING**	**ALCOHOL UNITS**	**KCAL**	**FOOD EQUAL TO**	**MINS RUNNING TO BURN IT**
BEER 4%	568ML PINT	2.3	182	FOUR MCDONALDS CHICKEN NUGGETS	18
BEER 5%	330ML	1.7	142	PACK OF CRISPS	14
CIDER 4.5%	568ML PINT	2.6	216	51G MARS BAR	22
WINE 13%	175ML GLASS	2.3	159	1/2 MCDONALDS CHEESEBURGER	16
CHAMPAGNE 12%	125ML GLASS	1.5	89	MILK CHOCOLATE DIGESTIVE	9

Research shows that binge drinking (between 5-7 units) increases your short-term risk of accidents and injuries by two to five times. If you are serious about your training, consider your safety when drinking alcohol.

Reviewing how much you do drink and being cautious to stay within the low-risk guidelines, has clear benefits for your long-term health, lowering blood pressure and reducing your risk of long-term health complications.

MAKE A PLAN

Fridays and Saturdays are typically the days we consume what we want. When we make choices about social events, it's important to make sure that you know what to do.

OPTION 1

MISS OUT COMPLETELY - not ideal for anyone

OPTION 2

REMOVE FOOD OR OVER EXERCISE THEN STARVE AND FEEL GUILTY - not ideal for you

OPTION 3

PLAN IT, MAKE A GREAT CHOICE, TRAIN AND HAVE FUN

INCREASING ACTIVITY
You can make small changes to your daily movement that will help you expend a few more calories. Taking a 30 minute walk, standing not sitting, train with less rest or more intensity and add a little cardio.

DIETARY ENERGY
By removing some calories from carbohydrate foods or dietary fats you can save a few calories here and there and help have a little more energy for your alcohol. If you're tracking, plan to put the drinks you'd like into your macros first and then work backwards and do the math from there.

Now you have this guide, you are more able to make better caloric decisions on alcohol.

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THE INFO

Use these tables to find the drinks you enjoy and their related calories. The calories in this guide have been taken from brand's websites, supermarket stock and then compared to popular drinks available from breweries in most UK eateries.
Take note of any serving size and check on the label or in your tracking app before jumping straight in.

With spirits, diet mixers, ideally free from caffeine, are the best for limiting calorie consumption and reducing hangovers.

KNOW YOUR TYPICAL PORTIONS

BEER AND ALE:

1 pint is 568ml in the UK, 1 can is 440ml and 1 bottle can be 275-330ml
Cider: 1 pint is 568ml in the UK, 1 can is 440ml and 1 bottle can be 275-330ml
Dry red or white wine: 1 small glass is 125ml, 1 medium glass is 175ml, 1 large glass is 250ml

CHAMPAGNE AND PROSECCO:

1 flute is 125ml

VODKA, WHISKEY, RUM OR GIN:

25ml measure for a single shot

DRAUGHT BEER		
BRAND	**SERVING**	**KCAL**
PUNK IPA	1 PINT (568ML)	272
HOBGOBLIN	1 PINT (568ML)	267
1664	1 PINT (568ML)	250
PERONI	1 PINT (568ML)	239
STELLA ARTOIS	1 PINT (568ML)	227
GROLSCH	1 PINT (568ML)	227
BIRRA MORETTI	1 PINT (568ML)	210
FOSTERS	1 PINT (568ML)	205
CARLING	1 PINT (568ML)	187
CARLSBERG	1 PINT (568ML)	182
AMSTEL	1 PINT (568ML)	176

DRAUGHT BITTER

BRAND	SERVING	KCAL
DOOM BAR	1 PINT (568ML)	203
GUINESS	1 PINT (568ML)	199
TETLEY'S	1 PINT (568ML)	184
JOHN SMITHS	1 PINT (568ML)	181

CANNED LAGER

BRAND	SERVING	KCAL
CARLSBERG SPECIAL BREW	440ML	255
CARLSBERG EXPORT	568ML	227
SAN MIGUEL	440ML	198
KRONENBOURG	440ML	194
HEINEKEN	440ML	185
STELLA ARTOIS	440ML	176
MADRI EXCEPCIONAL	440ML	168
CARLSBERG	440ML	163
FOSTERS	440ML	158
COORS	440ML	154
CARLING	440ML	140
AMSTEL	440ML	136

BOTTLED AND CANNED IPA

BRAND	SERVING	KCAL
HOBGOBLIN	500ML BOTTLE	235
GOOSE ISLAND	330ML CAN	184
ELVIS JUICE	330ML CAN	182
SAUCERY GF	330ML CAN	158
PUNK IPA	330ML CAN	158
GAMMA RAY	330ML CAN	152
PUNK IPA GF	330ML CAN	145
NECK OIL	330ML CAN	122

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BOTTLED BEERS

BRAND	SERVING	KCAL
SAN MIGUEL GF	330ML	162
KRONENBOURG	330ML	145
HEINEKEN	330ML	139
PERONI GF	330ML	139
SAN MIGUEL	330ML	137
PERONI	330ML	136
CORONA	330ML	135
BUDWEISER	330ML	135
ESTRELLA	330ML	130
BECKS	330ML	127
BIRRA MORETTI	330ML	125
MADRI EXCEPCIONAL	330ML	122
TUBORG	275ML	110
COORS	330ML	106
SKINNY LAGER	330ML	89
BUD LIGHT	300ML	80

ALCOHOL FREE BEER

BRAND	SERVING	KCAL
ERDINGER	500ML	125
ADNAMS GHOST SHIP	500ML	115
BROOKLYN SPECIAL EFFECTS	330ML	96
BEAVERTOWN LAZER CRUSH	330ML	83
PISTONHEAD FLAT TYRE	330ML	66
BIG DROP PINE TRAIL	330ML	61
BREWDOG PUNK AF	330ML	50
BECK'S BLUE	275ML	39
INFINITE SESSION IPA	330ML	36
BREWDOG LOST AF	330ML	33

MISC SELTZER'S AND CANNED

BRAND	SERVING	KCAL
THREE FOLD HARD SELTZER TROPICAL	330ML	93
KOPPARBERG HARD SELTZER MIXED BERRIES	330ML	93
THREE FOLD HARD SELTZER CITRUS	330ML	93

RED, WHITE, SPARKLING WINE AND CHAMPAGNE

BRAND	SERVING	KCAL
PINOT NOIR	175ML	133
SHIRAZ	175ML	128
MERLOT	175ML	126
CABERNET SAUVIGNON	175ML	126
TEMPERANILLO	175ML	125
MALBEC	175ML	125
CHABLIS	175ML	130
VOIGNIER	175ML	130
CHENIN BLANC	175ML	128
CHARDONNAY	175ML	126
SAUVIGNON	175ML	124
PINOT GRIGIO	175ML	119
REISLING	175ML	117
ZINFANDEL ROSE	175ML	131
PINOT GRIGIO ROSE	175ML	121
MOET	125ML	115
LANSON LE BLACK LABEL	125ML	88
FREIXENET PROSECCO	200ML	84

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BRAND	SERVING	KCAL
MALFY LEMON	25ML	65
GORDONS PINK	25ML	61
TANQUERY LONDON	25ML	60
BOMBAY SAPPHIRE	25ML	56
GORDONS SPECIAL DRY	25ML	52
SIPSMITHS	25ML	52

WHISKEY

BRAND	SERVING	KCAL
JACK DANIEL'S	25ML	65
JONNY WALKER BLACK	25ML	59
JIM BEAM	25ML	56
BELLS	25ML	56
SOUTHERN COMFORT	25ML	48

SPIRIT AND LIQUEURS

BRAND	SERVING	KCAL
VERMOUTH	25ML	54
PORT	25ML	40
BAILEY'S	50ML	175

VODKA

BRAND	SERVING	KCAL
GREY GOOSE	25ML	69
ABSOLUT	25ML	69
RUSSIAN STANDARD	25ML	64
SMIRNOFF	25ML	54

RUM

BRAND	SERVING	KCAL
KRAKEN	25ML	56
MOUNT GAY	25ML	56
HAVANA CLUB	25ML	51
MALIBU WHITE	25ML	50
CAPTAIN MORGANS SPICED	25ML	48

TIPS ON ALCOHOL INTAKE

AVOID HIGHER CALORIE MIXED DRINKS

Cocktails such as pina colada and margaritas, as well as liqueurs such as Bailey's and other rich, sugary drinks aren't only high in alcohol but also have a lot of calories, have one but consider them dessert.

ALTERNATE BETWEEN HAVING ALCOHOL AND WATER

Staying hydrated will help offset a hangover and support the removal of toxins from the body.

TRY TO STICK TO YOUR PLANNED ALCOHOL GOAL

We know things change as a night goes on but the fact you made a plan alone even helped you. Try to stick to what you said you would do for best result.

GOING LOW CARB?

SPIRITS	Vodka, rum, gin, tequila, whiskey	All unsweetened and unflavoured liquor will have 0g carbs. Liqueurs and most mixers do have carbs so avoid them or choose diet mixers.	Try a vodka, soda and lime or dry martini. All forms of whiskey.
WINE	Unsweetened champagne, dry red and dry white wine	These are going to be the lowest carb wines that you can consume. These typically range in the 3-5g carbs per 175ml glass range.	Extra dry or brut champagne (1-5g) Dry red or white wines (2-5g)
BEER	Light beers	Most beers are very high in carbs so they should be avoided. Typically lighter beers will have nutrition information available.	Michelob Ultra (2.1g) Skinny brands lager (3g) Brewdog Vagabond (3.3g) Bud Light (9g)
CIDER	Dry ciders and scrumpy or seltzers	Most cider is very high in sugar, which you may want to avoid if you're sticking to a low carb diet, especially the flavoured sweet ones.	Kopparberg Light Passion Fruit (12.5g) Strongbow Ultra Dark Fruit (15g)
ALCOPOPS	Hard seltzer	Most will typically have 20-40g but the market of hard seltzer's is a good option over the 28g of sugar a Bacardi Breezer has.	Mike's Hard Seltzers (2g)

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WHICH ALCOHOL HAS THE LEAST TOXINS?

LEAST TOXINS

- VODKA
- GIN
- TEQUILLA
- WHISKEY
- UNSWEETENED SPIRITS
- DRY CIDER
- DRY CHAMPAGNE
- DRY WHITE WINE
- COLOURED SWEETENED SPIRITS
- RED WINE
- BEER, IPA, LAGER, STOUT

MOST TOXINS

TIPS ON ALCOHOL INTAKE

BEST: VODKA AND CLEAR SPIRITS

Vodka is distilled and filtered, your body will only have to deal with the alcohol, calorie load and not other toxins. Drink it neat and cold.

MODERATE: DRY CIDER AND WHITE WINE

Cider: In addition to being gluten free - apples don't form the worst toxins, the primary one made by apples does not survive fermentation. Cider can still however stimulate yeast buildup.

Dry white wine: Lower in toxins than regular whites or reds. European wine is required to meet higher standards and is therefore slightly better.

MOST DAMAGING: BEER AND LAGER

Beer contains gluten, yeast and other toxins. If you're going to drink beer, opt for clearer and gluten-free choices.

PLAY THE PACE GAME

Decide a percentage of drunk you're willing to commit to and pace yourself to stay there.

1 UNIT OF ALCOHOL TAKES AROUND 1 HOUR TO METABOLISE

By taking time over your alcoholic beverages and taking measures to offset alcohol, such as a glass of water in between drinks or using mixers for extra hydration, you can keep yourself at a dose specific effect, as practically reasonable as possible, to offset the hangover.

Rate your decided level of drunk on a scale of 1-5 where do I feel I could still make sound choices without the need to compensate tomorrow?

SCALE	%	BAC	DOSE SPECIFIC EFFECTS
1	0%	0	Not drinking, no change to normal behaviour or wellbeing.
2	25%	0.020 - 0.039	No loss of coordination, slight euphoria, and loss of shyness. Relaxation, but depressant effects are not apparent.
3	50%	0.040 - 0.059	Feeling of well-being, relaxation, lower inhibitions, and sensation of warmth. Euphoria. Some minor impairment of judgment and memory, lowering of caution.
4	75%	0.060 - 0.099	Slight impairment of balance, speech, vision, reaction time, and hearing. Euphoria. Reduced judgment and self-control. Impaired reasoning and memory.
5	100%	0.100 - 0.129	Significant impairment of motor coordination and loss of good judgment. Speech may be slurred; balance, peripheral vision, reaction time, and hearing will be impaired.

The overall advice, sip small, enjoy the taste and flavour, chew any food fully and stay present.

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SUPPLEMENTS TO HELP ME RECOVER

Before, during or after drinking you can take a dose of activated charcoal as it binds to toxins to absorb and remove toxic substances from the lower intestinal tract (intestines and colon).

Use N-acetyl cysteine (NAC) as a precursor to glutathione (a powerful antioxidant that doesn't need multiple antioxidants to function) - it comes from an amino acid L-cysteine and has many uses and FDA approved. You find this in high protein foods, such as chicken, turkey, yogurt, cottage cheese, eggs, sunflower seeds, and legumes too.

Vitamin C, again another antioxidant but also drinking alcohol increases vitamin C excretion in the urine. Try a dose of vitamin C before drinking.

ELECTROLYTES

When drinking alcohol your kidneys excrete water to remove toxins, water balance is effected and electrolytes are lost. Re-hydrate with some electrolytes in your drinking water or use naturally hydrating drinks such as orange juice and coconut water.

NUTRITIONAL ASSISTANCE

Elevate your protein intake to provide adequate aminos and B vitamins before you drink and again in recovery, especially from dairy, whey protein, beef, poultry, eggs, asparagus, beans, legumes, nuts, seeds, fish and seafood as these are natural sources of asparagine and potential glutathione boosters.

Vegetables and adequate fibre helps support detoxification, add nutrients and re-gain water balance. Use whole foods such as asparagus, potatoes, beans, chickpeas, carrots, nuts, seeds and whole grains as they naturally have more hydration, more nutrients and are lower in calories.

Use green tea, coffee, dark chocolate, orange and grapefruit juices, blueberries, blackberries, bananas and avocados for polyphenols, vitamin C and micronutrients to support recovery.

Drink plenty of water and add lemons, oranges and limes.
The best cure for a hangover is always to drink less, hydrate and drink **responsibly.**

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