



Alcohol Sensibilities

Your health is important.

Because the Youens and Duchicela Clinic believes this, the following is brought to you in an effort to provide wellness information that you can use to help manage and maintain your health.

This week, the focus is on the safety and health consequences of alcohol consumption.

In many ways, the holiday season has become a season of excess. Between all the gifts, parties, food, and drink, indulging in a bit of this and a bit of that is commonplace. Some may even use the holidays—and New Year's Eve celebrations—as excuses to overindulge in food and drink, avoiding the safety and health consequences of those choices.

It is not wise to do so. No matter how you choose to enjoy holiday festivities, careful decisions and healthy personal choices should be made, especially in beginning a new year.

Alcohol is a staple at many New Year's Eve celebrations, and it is important for individuals who consume alcohol to be aware of their intake in an effort to avoid overindulgence. Also, because every individual handles the effects of alcohol in a slightly different way, there is no singular method for determining a safe amount for one to drink.

To aid in understanding consumption, here is a quick breakdown of average serving amounts and calories for some alcoholic drinks, courtesy of the National Institute on Alcohol Abuse and Alcoholism:

REGULAR BEER: Avg. serving size = 12 oz. / Apx. total calories = 149

LIGHT BEER: Avg. serving size = 12 oz. / Apx. total calories = 110

CHAMPAGNE: Avg. serving size = 4 oz. / Apx. total calories = 84

MARGARITA: Avg. serving size = 5 oz. / Apx. total calories = 168

PINA COLADA: Avg. serving size = 9 oz. / Apx. total calories = 460



WHITE WINE: Avg. serving size = 5 oz. / Apx. total calories = 90

RED WINE: Avg. serving size = 5 oz. / Apx. total calories = 96

SWEET DESSERT WINE: Avg. serving size = 3 oz. / Apx. total calories = 126

80 PROOF DISTILLED SPIRITS (GIN, VODKA, RUM, WHISKEY): Avg. serving size = 1.5 oz /
Apx. total calories = 98

Note that total calories and alcohol content will vary by brand of drink and that adding mixers to an alcoholic beverage can increase these statistics. Adding sweetened soft drinks, fruit juices, or creams will also supply few essential nutrients and will increase the caloric intake.

Each of the above serving sizes also represents a “standard” drink, which in the United States is a drink that contains about 0.6 fluid ounces or 14 grams of “pure” alcohol. These sizes are helpful when following health guidelines, but be aware that not all alcohol may actually be served to you in these sizes.

Everyone can have fun on New Year’s Eve, whatever the choice of celebration. Just remember that, if you choose to drink, do so sensibly—and in moderation. Your body will thank you.

The information provided here is not to be used as a substitute for medical attention. Remember that, should you have specific medical questions or desire more information, contact your doctor.