

Alcohol and Maintenance

Congratulations on reaching Maintenance. You've worked hard and it's paid off. But remember, the journey isn't over; it's just continuing in a new direction!

A celebration, or simply a night out, might now include enjoying an alcoholic beverage, and that's fine! Using what you learned in Phases 1 and 2 will now allow an occasional drink to be a part of your life moving forward. However, even for moderate drinkers, alcohol can be a risky proposition. In addition to providing extra calories, alcohol stimulates the appetite center in the brain, while simultaneously lowering inhibitions and increasing impulsive behavior. This combination could, quite literally, be a recipe for disaster.

Your unique Macro Code was built with the right caloric balance to maintain your weight loss within 5% and help you manage hunger and cravings. While calories incurred from an occasional alcoholic beverage should not impact this caloric balance, habitual or heavy alcohol consumption can lead to weight regain.

Alcohol does not belong to any of our three macro "teams" on its own, as it is not a source of glucose, amino acids, or fatty acids. Therefore, it cannot be accounted for in your daily Macro Code. One gram of alcohol has seven calories. To compare this to our three macronutrients, you can see that it is almost as high as our main energy source, fat:

Protein	4 calories per gram
Carbohydrates	4 calories per gram
Fat	9 calories per gram
Alcohol	7 calories per gram

So how can you incorporate an occasional glass of your favorite spirits without compromising your commitment to a healthy lifestyle? Through mindfulness, moderation, and following these tips:

Tips:

1. Always **PLAN AHEAD!** Do not leave the "door open" to poor choices. Go in with a commitment and stick to it. Be mindful of that commitment while *in the moment*.
2. **PROCEED WITH CAUTION.** With **your new weight**, you will likely be more sensitive to the effects of alcohol. Choose your beverage and approach carefully until you know how your body will react.
3. Watch your **MIXERS.** The chart at the right does not include them, so be sure they are included in your daily net carb allowance if you use them. Avoid sweet mixers that come standard in many drinks, such as juices, tonic water, Coke, and ginger ale.

The following represents standard-size alcoholic beverages.



Undistilled Spirits	Fl. Oz.	Calories	NC (avg.)
White wine	5	121	3.8
Red wine	5	125	4
Riesling	5	118	5
Champagne/Prosecco	6	121	4
Hard cider	12	199	21
Beer, light	16	138	8
Beer, regular	12	153	13
Beer, craft	9	148	5
Beer, stout	12	197	7

Distilled Spirits	Fl. Oz.	Calories	NC (avg.)
Vodka	1.5	97	0
Gin	1.5	97	0
Tequila	1.5	97	0
Rum	1.5	97	0
Whiskey	1.5	97	0
Bourbon	1.5	97	0

Cordials	Fl. Oz.	Calories	NC (avg.)
Amaretto	1	107	11
Baileys	1	107	11
Frangelico	1	103	11
Kahlua	1	107	11
Limoncello	1	103	14
Sambuca	1	103	11