

Guide to

DRINKING & LOGGING ALCOHOL



ALCOHOL & WEIGHT LOSS

Can you drink and lose weight?

Yes.

But.

Most likely not as much/often as you'd like.

The reality most of us don't want to face is that our alcohol consumption isn't doing us any favors when it comes to weight loss and body composition.

You don't have to give it up, entirely, but we do need to acknowledge that alcohol:

- prevents fat burning
- contributes to excess calories
- lowers inhibitions
- disrupts sleep
- negatively impacts hormones
- interferes with the next day (workout, recovery, NEAT, food)



ALCOHOL & WEIGHT LOSS

If you do want to drink, some things can help reduce the negative impact on fat loss:

- stick to low calorie drinks (straight liquor or 0-calorie mixers)
- have as few drinks as possible to maximize enjoyment
- prioritize lean proteins & veggies
- move (dance, mingle, don't just sit & drink)
- do not binge eat after
- stop a couple hours before bed
- stick to the drink limit you set for yourself
- save for special occasions/as infrequently as possible



TRACKING ALCOHOL

With 7 calories per gram, alcohol falls between protein/carbs and fat.

Since protein is most important, you don't want to mess with that budget.

This means that you can subtract alcohol from either your carb budget or your fat budget or a combination of the two.

Take the total calorie content of your drink and divide it by 4 if you're going to count it towards your carbs, and divide by 9 if you're going to count it towards your fat.



TRACKING ALCOHOL

Example: Five ounces of red wine has 125 calories.

If you want to fit it into your carbs, divide the calories by 4; so it counts as 31g carbs.

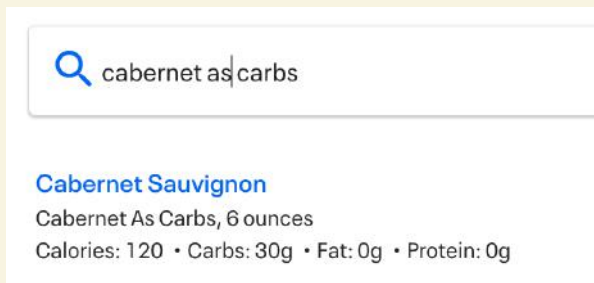
If you want to fit it into your fat allotment, divide by 9 and count it as 14g fat.

For a video training on tracking alcohol, click [here](#).



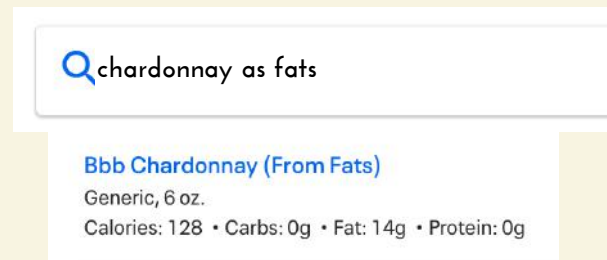
TRACKING ALCOHOL

You can either search MFP for "[drink] as [carbs or fat]" and may find entries like these:



cabernet as carbs

Cabernet Sauvignon
Cabernet As Carbs, 6 ounces
Calories: 120 • Carbs: 30g • Fat: 0g • Protein: 0g



chardonnay as fats

Bbb Chardonnay (From Fats)
Generic, 6 oz.
Calories: 128 • Carbs: 0g • Fat: 14g • Protein: 0g

Or you can look at the nutrition panel (only available on some drinks like hard seltzers) or Google "calories in 1 shot of vodka", for example) and create your own entry. This is helpful if you drink the same thing frequently because you can name it "Jen Smith's Vodka Cran" so that it's easy to find.

Follow the steps on the following pages to do this or [watch this walk-through video](#).



TRACKING ALCOHOL

Example: White Claw Hard Seltzer Black Cherry

Nutrition Facts	
1 serving per container	
Serving size 1 can (355mL / 12 fl. oz.)	
Amount per serving	
Calories	100
Total Fat 0g	0%
Sodium < 5mg	0%
Total Carbohydrate 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	0%

Not a significant source of total fat, saturated fat.

No fat, carbs, or protein but 100 calories. Where are they coming from?
ALCOHOL.

Alcohol actually has 7 calories/gram but since we can't log it as as that, we have to pick whether we want it to come from our carb or fat budget.

Once you know calories, divide by:

-4 if you want to log it as carbs ($100/4 = 25$)

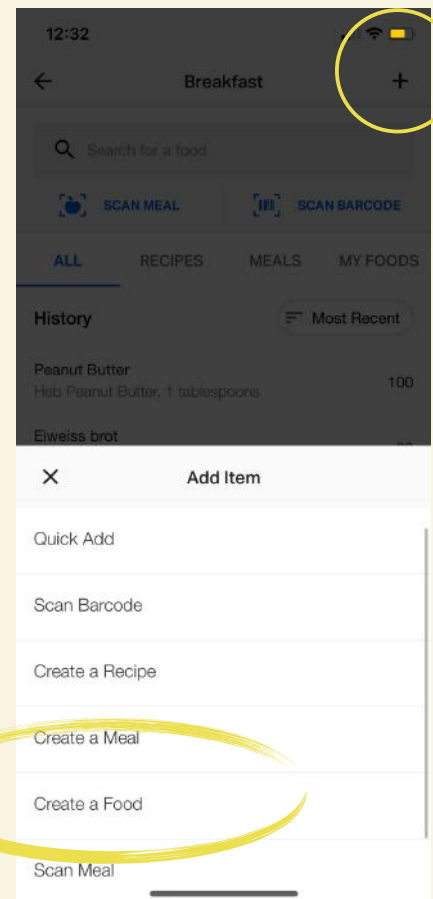
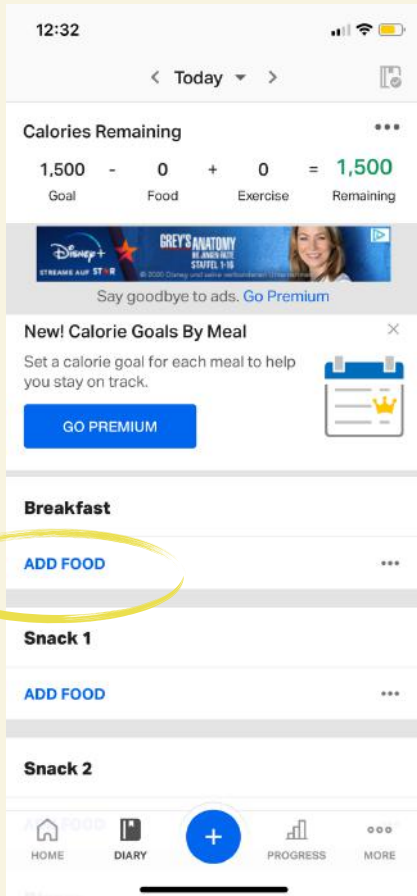
-9 if you want to log it as fats ($100/9 = 11$)

From your diary page in MFP, click "Add Food", then the + at the top right, "Create a Food"



TRACKING ALCOHOL

From your Diary page in MFP, click on "Add Food", and then the + at the top right of the screen.



Then click "Create a Food"



TRACKING ALCOHOL

Brand Name: Brand of drink OR your name or something you'll easily remember to search for in the future

Description: Name of drink
Serving Size: 1 can/1 shot, etc
Servings/container: 1

12:41

← Create Food →

Brand Name Optional	White claw hard seltzer
Description Required	Back cherry
Serving Size Required	1 can
Servings per container Required	1

LOGGED AS CARBS

12:41

← Create Food ✓

Nutrition Facts	
Calories	100
Total Fat (g)	Optional
Saturated Fat (g)	Optional
Polyunsaturated Fat (g)	Optional
Monounsaturated (g)	Optional
Trans Fat (g)	Optional
Cholesterol (mg)	Optional
Sodium (mg)	Optional
Potassium (mg)	Optional
Total Carbohydrates (g)	25

LOGGED AS FATS

12:40

← Create Food ✓

Nutrition Facts	
Calories	100
Total Fat (g)	11
Saturated Fat (g)	Optional
Polyunsaturated Fat (g)	Optional
Monounsaturated (g)	Optional
Trans Fat (g)	Optional
Cholesterol (mg)	Optional
Sodium (mg)	Optional
Potassium (mg)	Optional
Total Carbohydrates (g)	0

