REBOOT#5 – ALCOHOL BY NUMBERS & THE 7 HOUR RULE!

The Reboot program principles:

- Consistent whole real food.
- Fitting carbohydrate balance.
- Ideal energy balance – usually less in and more out!

If you choose to enjoy alcohol, like me, consider then:

- The processing and purity of your alcohol choices.
- The carbohydrates (namely; sugar), and
- The caloric (energy) value.

In this post, we look at;

I. The sugar calories and consequent blood glucose spike in popular alcoholic choices, and
II. The time before additional calories converts to stored fat.

I'm enjoying a few drinks, and I want to know what the combination of alcohol & sugar energy means to my weight. I know I gotta burn em off, so when should I get going?

Energy value of Macronutrients & Alcohol.

Carbohydrate 1g = **4 cals.**

Protein 1g = **4 cals.**

Alcohol 1g = **7 cals.**

Fat 1g = **9 cal**

Popular Alcoholic Drinks.

#	Alcoholic STD	Alc % Av	Calories	Sugar - g	BG mmol/L – 15min
1	Beer	4.9	145	0	5.5
2	White Wine	11.5	120	1.4	5.8
3	Red Wine	12	127	0.9	5.6
4	Champagne	12.8	95	1.5	5.9
5	Vodka & Soda	4.8	80	0	5.0
6	Bourbon & Coke	13	230	41	6.3
7	Whiskey/ Rocks	14	105	0.4	5.3
8	Bicardi & Coke	12.5	125	33	6.1
9	Midori & Lemonade	6.5	310	77	7.8

Popular Alcoholic Standard Drink

Alc %: per STD. More alcohol - more calories.

Calories: Alc + Sugar. More calories – more energy.

Sugar: Simple sugar – not (total) carbohydrates. More sugar – more insulin.

BG: Blood Glucose - e.g, assuming the drinker holds a healthy BG @ **5.0 mmol/L,** the measurement represents the BG 15 minutes post-consumption. Greater spike – greater chance of fat storage.

The 7-hour Alcohol Rule.

Consumption of 'excessive' alcohol calories; meaning (alc + sugar) calories over and above the basal metabolic rate (typically excessive of 3 STD) give the person (on average) about 7 hours of holding pattern before these calories be stored as fat energy.

Meaning: If someone were to finish their last drinks at Midnight, they'd best be moving (DTI is best) by 7 am the following day.

It's a play up – turn up policy.

Finally, I know, if I consume say 3 beers worth of calories, over my basal metabolic rate (energy burning rate to stay alive), I require a 35 minute easy run to burn off these calories.

*More on exact calories in/out in a later post.

In short – with weight loss in mind.

- ✓ Drink in moderation – 1-2 STD.
- ✓ Avoid drinks high in sugar.
- ✓ Avoid high energy (bad fat & simple sugar) food when drinking.
- ✓ Get moving within 7 hours of your last drink.
- ✓ Controlled continuous movement is best.