



Active Nutrition

Newsletter March 2012



Alcohol – is it affecting your Weight Loss and / or Training?

Alcohol and weight loss are not compatible. Alcohol contains “empty calories” – that is they have little or no nutritional value. Our bodies can't store the calories that come from alcohol and so will prioritise the processing of the alcohol calories at the expense of carbohydrates and fat. This results in the carbohydrates and dietary fats being converted into body fat which is shipped off to storage!

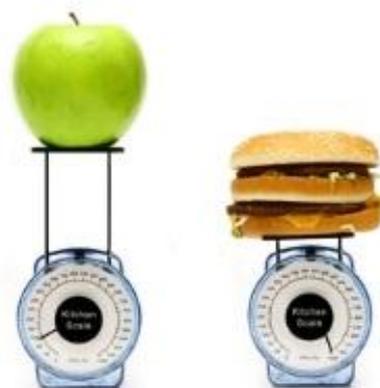
Alcohol lowers inhibitions which can be detrimental to your weight loss plans. How often does one desire a “fry-up” after a night out on the booze? Again the fat will immediately be shipped off to storage as our liver struggles to process the alcohol.

Alcohol is a diuretic. Drinking to excess will lead to dehydration. Along with the water loss there is a loss of minerals such as magnesium, potassium, calcium and zinc. These minerals are important for maintaining water balance in the body, muscle contraction and relaxation. If you are on a weight loss program it may mean that these precious minerals will need to be replaced at the cost of additional calories.

If you have incurred an injury exercising – be it in the gym on the sports field or in daily life and you consume alcohol soon after the injury your recovery will be impaired. This delay can lead to an extended period of time off your sport or exercise. If the exercise is linked to weight loss this is also going to have a negative effect on your programme.

The calorie content of alcohol is higher than that of carbohydrates and protein, only fat contains more calories!

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



TIPS FOR SOCIALISING:



Do NOT skip a meal to save up calories for your alcohol consumption later. You will be hungry and you will be more likely to be tempted to either drink more or eat snacks provided. Often snacks that accompany alcohol are high in salt and fat – both a bad idea as the salt will stimulate you to drink more and the fat will be shipped off to storage!



Before consuming alcohol have a nutritious meal. This will ensure that you will feel fuller and will prevent you over drinking.



Instead of restricting your calories on the days you intend having alcohol do an extra 30-45 minutes exercise to help balance the additional calories the alcohol carries.



If you are going to have more than two drinks (see the serving sizes below) make every second drink a glass of water. This will slow your drinking, help reduce the calorie intake and help with hydration at the end of the evening. You will also feel a lot better in the morning!

Calorie Content of Alcohol:

<u>Drink</u>	<u>Serving Size</u>	<u>Calories</u>
Red wine	120 ml	85
White wine – dry	120 ml	77
White wine – medium	120 ml	87
White wine – sweet	120 ml	110
White wine – sparkling	120 ml	87
Champaign	120 ml	89
Light beer	355 ml	105
Regular beer	355 ml	140
Dark beer	355 ml	170
Draught beer	568 ml	182
Guinness	568 ml	210
Port	50 ml	79
Sherry – dry	50 ml	58
Sherry – medium	50 ml	68
Gin	35 ml	72
Gin & Tonic – premixed	250 ml	213
Brandy	35 ml	72
Whiskey	35 ml	78
Jack Daniels	35 ml	78
Vodka	35 ml	72
Baileys Irish Cream	37 ml	130
Martini	85 ml	205
Margarita	227 ml	200
Mixers:		
Coke	100 ml	43
Orange Juice	100 ml	44
Ginger ale	100 ml	44
Lemonade	100 ml	47

Do your maths before you consider having another drink!





Would you like further information?

Book an appointment for a full nutrition consultation.

I am based in Tauranga. However, if you do not live in the Tauranga area this is not a problem with nutrition consultations as I am able to consult via Skype, internet or by telephone. There are no barriers to good information.

Book an appointment or just drop me a line from my web site www.activenutrition.co.nz



Recipe of the Month

Kumara and Tuna Fishcakes



Serves 4

Ingredients:

500g kumara peeled and chopped	450g can tuna (in spring water) drained
1 red capsicum finely chopped	6 spring onions finely chopped
2 tbs chopper coriander	1 tsp grated lemon zest
1 egg	¼ wholemeal flour
½ tsp canola or rice bran oil	¼ cup salt reduced soy sauce
2 tsp honey (warmed)	1 red chilli deseeded and chopped
1 tbs rice vinegar	

Method:

Cook kumera until tender, drain and mash roughly with a fork. Cool

Add tuna, capsicum, spring onions, coriander, lemon zest and egg and mix well.

Shape into 12 patties. Then roll in the flour

Brush non-stick frying pan with the oil and warm over high heat. Cook patties 2-3 minutes each side until golden

For the dipping sauce mix the soy sauce, honey, vinegar and chilli in a bowl.

Serve with a green salad and lemon or lime wedges

(For a change you can use salmon instead of the tuna)