

JUST THE FACTS

Alcohol provides your body with “empty” calories,
7 calories/gram=**150 calories per drink.**

Calories provided by alcohol have **no nutritional value.**

The body treats alcohol as **fat**, converting alcohol sugars into fatty acids.

Result:

- Increased conditioning required to maintain weight. Alcohol depletes the body of Vital nutrients to build and maintain strong muscle growth.
- Impairs digestion of proteins into amino acids
- Interferes with absorption and utilization of essential vitamins and minerals
- Nutrient deficiencies; decreased immune response; increased risk of injury

DID YOU KNOW?

Consuming 5 or more alcoholic beverages in one night can affect brain and body activities for up to **3 days**

This means drinking 5 beers on Saturday night WILL affect your performance on Tuesday!!

Two consecutive nights of drinking 5 or more alcoholic beverages can affect brain and body activities for up to **5 days**

This means drinking 5 beers on both Friday and Saturday night WILL still affect your performance on the following Thursday!

Depending on sweat losses, athletes can require 12+ cups of water a day. One alcoholic beverage should be replaced with **at least one cup of water.**

This Means If you drink 5 beers, you will need to drink 17+ cups of water to maintain proper hydration.

