

# Analyzing the Beer Belly

The calories in alcohol can play a significant role in weight management. The calories can add up to increased body fat, so consider these points the next time you have that extra drink:

- Calories in alcohol are used before stored fat calories.
- People who are overweight actually gain weight more easily when they drink alcohol.
- Calories from alcohol tend to be stored in the gut.

## Calorie Content of Alcohol

### Beer

12 oz Regular beer: 150 calories

12 oz. Light beer: 100 calories

### Wine

4 oz. Dry wine: 100 calories

4 oz. Sweet, dessert wine: 225 calories

### Hard Liquor

1 oz. 80 proof gin, rum, vodka, or whiskey: 50 calories

1 oz. 100 proof gin, rum, vodka, or whiskey: 60 calories

1 oz. schnapps: 100 calories

1 oz. crème de menthe: 185 calories



## Making the Comparison

- Drinking 5 oz. of a sweet, dessert wine provides as many calories as one plain donut from Dunkin Donuts.
- Binge drinking? You might as well eat an entire Big Mac plus a scoop of chocolate ice cream. The calories are the same as in 5 regular beers.
- Drinking a glass of wine before dinner, one with your meal, and then after dinner equates to the added calories of 2 slices of cheese pizza.



## Doing the Math

One beer every night adds over 1,000 calories per week, which results in an added 15 pounds to your belly every year.



Three glasses of dry wine a week will cost you an additional 3 miles on the treadmill to burn off the extra calories.

And don't forget that most people eat high-calorie snacks when they drink alcohol, further adding to the infamous beer belly.