

# How Alcohol Fits Into Your Meal Plan



Alcohol should be limited to one drink a day for women and two drinks a day for men.  
A drink is equivalent to 12 oz of beer (preferably light beer), 5 oz of wine,  
or 1.5 oz distilled spirits (vodka, whiskey, gin, etc.)

Please consult with your physician and healthcare team prior to consumption of alcohol.

## Tips to Sip By

- Though your physician may approve the use of alcohol, if you are trying to lose weight, you may want to avoid it. Alcohol beverages are extra calories without any nutritional value.
- Try a light beer or wine spritzer. Heavy craft beers may have twice the amount of alcohol and calories when compared to a light variety.
- Remember to stay hydrated while drinking and keep water close-by.
- Alcohol should be consumed with meals.
- Remember that mixers also contain calories often with limited or no nutritional value.
- If you have diabetes, practice caution when choosing to consume alcohol. It is not recommended to drink on an empty stomach or when blood glucose is low.
- Alcohol may limit your ability to stay on track with healthy eating. If you plan to drink a glass of wine with dinner or are going out for the night, plan ahead.

Beverage	Serving Size (oz)	Food Exchange
Beer	12	1 carbohydrate, 1.5 fats
Light Beer	12	2 fats
Wine - Red/White/Rose	5	2 fats
Dessert Wine	5	1 carbohydrate, 3 fats
Gin	1.5	2.5 fats
Rum	1.5	2 fats
Vodka	1.5	2 fats
Whiskey	1.5	2.5 fats
Daiquiri	5	1 carbohydrate, 4.5 fats
Gin & Tonic	7.5	1 carbohydrate, 2 fats
Martini	2.5	3.5 fats

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