

# Alcohol and Nutrition

Study guide is based on information found at

“Alcohol and Nutrition.” Medicine.Net.com. Oct 23, 2007.

[http://www.medicinenet.com/alcohol\\_and\\_nutrition/article.htm#alcohol](http://www.medicinenet.com/alcohol_and_nutrition/article.htm#alcohol)[http://www.medicinenet.com/alcohol\\_and\\_nutrition/article.htm#alcohol](http://www.medicinenet.com/alcohol_and_nutrition/article.htm#alcohol) . (Do a Google search for alcohol and nutrition)

1. What is alcohol?
2. How many calories per gram are in alcohol?
3. How is alcohol made?
4. In regards to alcoholic beverages, what volume is considered one drink for:
  - a. Beer
  - b. Wine
  - c. Distilled liquor
5. How is alcohol metabolized?
6. What happens to other nutrients when alcohol is metabolized?
7. How does alcohol metabolism differ in males and females?
8. Where is alcohol metabolized?

9. How is alcohol categorized (what class of drug does it fall into?).

10. What 6 factors affect blood alcohol content (BAC)? Give an example of how for each.

a.

b.

c.

d.

e.

f.

11. How does alcohol impact your weight?

12. How does alcohol affect your blood sugar?

13. Does alcohol contribute to vitamin and mineral deficiencies?

14. How do artificial sweeteners interact with alcohol?