



## Macro Mavens Practical Guide to Alcohol

**Alcohol is not essential but can be a part of our lives! Alcohol is calorie-dense and is inflammatory by nature, so if you are trying to avoid or reduce inflammation, you might want to reconsider your next cocktail.**

When you consume alcohol you need to track your alcoholic drinks as FAT. Please use this calculation: Total calories of drink divided by 9 = GRAMS OF FAT that need to be tracked.

**How to track alcohol while on a macro plan:** 100 calorie drink divided by 9 (calories) = 11 grams of fat. You can log this as a custom food in MyFitnessPal, or as a "Quick Add"

Don't forget to track any mixers (orange juice, margarita mix, etc) separately. The mixers will generally be made up of mostly if not all carbohydrates.

### A couple things to consider about alcohol:

After 1-2 Alcoholic drinks, your body starts to break down muscle. This is an important piece of info especially if you enjoy multiple drinks at a time, and you are wanting to preserve and/or build muscle.

Alcohol before sleep may seem like a good way to help you wind down and fall asleep initially. However, alcohol can cause shorter overall sleep time, multiple times of wakefulness, and more. Deep sleep tends to suffer the most post alcohol. Deep sleep is when our bodies clean and repair our cells which allows us to feel our best the next day.

So while nothing is off limits when you are on a macro plan per se, you must ask yourself if what you are about to eat, or drink in this case is "worth it?" If it is, then go for it. If it isn't, then find something else that is.