

### **Myth: A Glass of Wine a Night Aids With Fat Loss**

A study conducted at Washington State University showed that due to a substance called resveratrol, wine can potentially lead to weight loss. Resveratrol, a polyphenol compound found in wine, was shown to help convert "white fat" into "beige fat" and aid in appetite control. With "beige fat" being easier to burn off than "white fat", it has been assumed that drinking wine would assist with one's fat loss journey. However, a significant amount of wine would be needed to be reap these benefits. According to Professor Min Du who assisted with the study, "many of the beneficial polyphenols are insoluble and get filtered out during the wine production process, therefore we suggest snacking on blueberries, grapes and strawberries instead, all of which are natural sources of resveratrol."

### **Myth: Drinking Beer (and only beer) Can Give You a Beer Belly**

Abdominal fat gain is caused by the overconsumption of calories, therefore, what is often labeled as "beer belly" is simply anything (and any beverage) consumed in excess. According to Dr. Marion Nestle, M.P.H, "Most beer bellies are just due to excessive calories from any source, beer among them." Additionally, it is certain that alcohol consumption lowers inhibitions which often leads to poor eating choices and reduces the chances of executing portion control.

### **Myth: Low Calorie Alcoholic Beverages Aren't Harmful**

Though low calorie alcoholic beverages are certainly the healthier option, they do significantly affect your fitness goals. Whenever alcohol is consumed, your body uses it as fuel instead of the usual macronutrients - carbs, fats and proteins. Because this makes alcohol the main source of energy, any food consumed is then stored as fat causing a hindrance in one's fat loss goals.

### **Myth: It's Best to Drink Alcohol After You Eat, Not During**

It is often believed that eating before consuming alcohol will attenuate the effects of intoxication. However, research has shown that alcohol in conjunction with a high fat meal will slow the process of alcohol absorption. Additionally, a high fat meal will also aid in suppressing one's appetite which lowers the chances of overindulging in "un-diet friendly" foods.

## **5 Low Calorie Cocktails**

1. Champagne: 90 - 95 calories
2. Rum and Diet: 66 - 96 calories\*
3. Vodka Soda: 64 - 96 calories\*
4. Sazerac: 136 - 180 calories\*

5. Gin and Tonic: 110 - 148 calories\*

\* *Variability dictated by weight of pour*