

ALCOHOL

STRONGER U NUTRITION

Many members ask if they can continue to drink alcohol while on Stronger U. The best answer?

It depends.

Some of our members see success while including and tracking alcohol, however, others see the most success by choosing to reduce or eliminate alcohol completely. Talk to your coach to help decide if drinking while on the program is the best path for you and review these guidelines so you understand the impact drinking alcohol may have on your progress.

Some of the ways alcohol may impact your progress include:



Alcohol has calories (7 calories per gram) so must be accounted for when tracking your food and beverage intake.



It's metabolized differently than food and temporarily reduces the breakdown of fat.



It has a negative impact on sleep.



It can impact our ability to make the best food decisions when consumed.





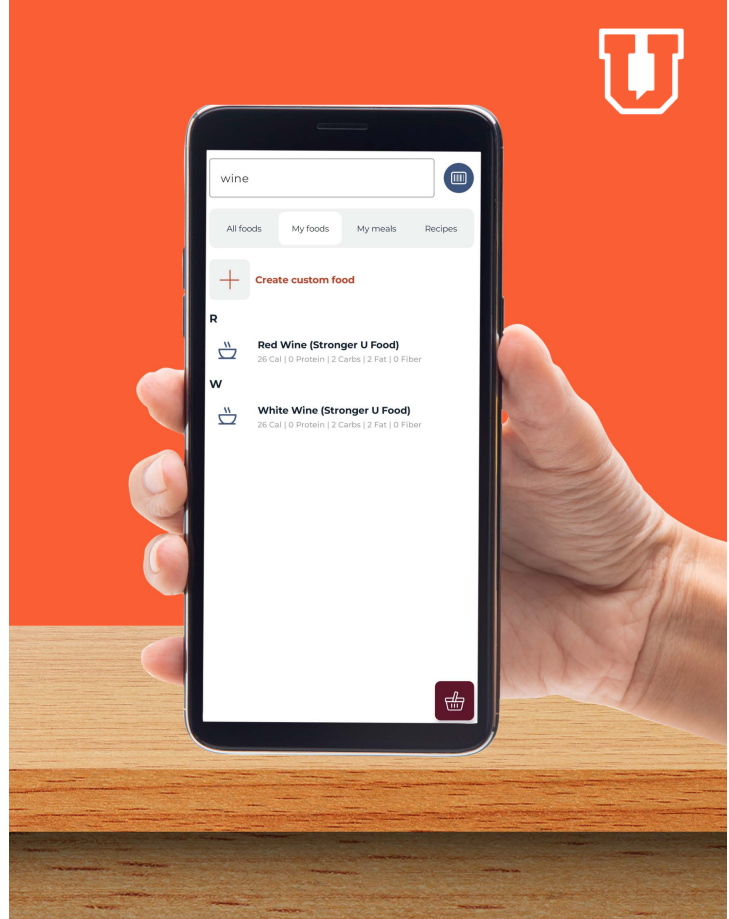
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Since alcohol is not a macronutrient, nutrition labels on alcoholic beverages can be misleading for someone specifically tracking macros.

For Example:

The nutrition label on a 12oz hard seltzer says it has 0 fat, 0 protein, and 2 carbs. But 2g of carbohydrate is 8 calories and the label informs you the drink has 100 calories. **This means that 92 of the calories come from alcohol.**

At Stronger U, we want to make sure we quantify the alcohol so that you can fit it within the framework of your daily macros.



This is why we have created Stronger U alcohol entries in both our SU food tracker and My Fitness Pal. If you do decide to include some alcohol in your life, track it the SU way and feel confident that you've accounted for those calories in your daily macros budget.



Main Take-Away

Alcohol, aka “The Fourth Macro”, has 7 calories per gram that are cleverly disguised on nutrition labels. To include alcohol in your plan and still get results, use our custom Stronger U alcohol entries. Check out the [How To](#) to learn more.

Resources

If you'd like to learn more, here are some great resources from Stronger U:

[Everything you need to know about alcohol](#) and weight loss and [Alcohol versus diet soda - the results are in](#). The Stronger U Alcohol [Intro Video](#).