

Beer

The prevalence of beer is increasing in today's society. There are so many different types of beer that we can buy. However, beer increases the risk of heart problems, liver diseases, and sleep disruptions. It also has lots of "empty" calories that do not provide us with any nutrition. Today, beer is associated with "fun" and "relaxation". We should not dismiss the consequences of beer and we should be mindful of the benefits of cutting back.

1 standard drink = 341 ml (12 oz) bottle of 5% alcohol beer, cider, or cooler

Does Beer Slow Down Your Metabolism?

As you drink alcohol, your body metabolizes the alcohol as soon as it can. Your body cannot efficiently metabolize other sugar and fats during the metabolism of alcohol. Drinking alcohol delays fat breakdown.

Negative Consequences of Beer

- Weight gain
- Sleeping problems
- Liver problems
- Heart problems
- Increased risk of high blood pressure



Sleep Interruption

- Alcohol disrupts structure, duration, and quality of sleep
- Excessive alcohol consumption increases daytime sleepiness

Liver and Heart Problems

Liver	Heart
Damage to liver cells	Raises levels of fats in blood
Healthy tissue → scar tissue	Higher blood pressure
Fatty liver	Weaken heart

Benefits of Cutting Down Consumption

- Weight loss
- Healthier heart
- Healthier liver
- Clearer skin
- Better sleep
 - o Better cognitive functioning
 - o Improved mood
- More energy
- Better long-term health

Source: www.livestrong.com, www.popsugar.com, www.myfitnesspal.com