



ALCOHOL GUIDE

For **WEIGHT-LOSS**

Calories for 4 Servings of Alcohol



When consuming alcohol, understanding the calorie content can help you manage your intake effectively.

Beverage	Serving Size (per drink)	Calories (4 servings)
Beer (regular)	330 ml	~600-800 kcal
Wine (red/white)	150 ml	~480-520 kcal
Whiskey	30 ml	~280-300 kcal
Vodka	30 ml	~260-280 kcal
Rum	30 ml	~280-320 kcal
Breezer	275 ml	~680-880 kcal

Low-Calorie Indian Snacks to Pair with Alcohol



Pairing alcohol with healthy snacks ensures you stay within your calorie goals while enjoying your drink. Here are some great options:

Snack	Calories (per serving)	Why It Works
Roasted chickpeas (chana)	~120 kcal (30g)	High in protein and fiber, crunchy, and filling.
Tandoori or grilled paneer	~150 kcal (100g)	Protein-rich and low in carbs.
Spicy roasted peanuts	~180 kcal (30g)	Provides a satisfying crunch; control portions.

Snack	Calories (per serving)	Why It Works
Vegetable sticks with hummus	~100 kcal (carrot, celery)	Low calorie, hydrating, and nutritious.
Masala papad	~60 kcal (1 piece)	Crisp and flavorful; add veggies like onions and tomatoes.
Baked samosas or kachoris	~120 kcal (1 piece)	A healthier alternative to fried options.
Tandoori chicken (without skin)	~120 kcal (100g)	Protein-packed and delicious.
Sprout salad with lemon	~80 kcal (1 bowl)	Light and refreshing with added protein from sprouts.
Roasted makhana (fox nuts)	~110 kcal (30g)	Gluten-free, crunchy, and easy to flavor.
Grilled vegetables	~80 kcal (1 bowl)	Adds fiber and nutrients without adding many calories.

Mixers to Avoid and Use with Alcohol



- **Avoid High-Calorie Mixers:** ❌
 - Sugary sodas like regular Coke or Sprite can add ~100-150 kcal per glass.
 - Fruit juices and syrups are calorie-heavy and spike sugar intake.



- **Use Low-Calorie Alternatives:** ✅
 - Diet Coke or Zero-Calorie Soda: Provides the fizz without the calories.
 - Plain Soda Water: Refreshing and calorie-free.
 - Water with Lemon or Lime: Adds flavor without extra calories.

Personalized Drink Limits



Based on research and international guidelines (CDC, WHO):

- **Men:** Up to 2 standard drinks per day (e.g., ~300 ml of wine, ~660 ml of beer, or ~60 ml of spirits).
- **Women:** Up to 1 standard drink per day (e.g., ~150 ml of wine, ~330 ml of beer, or ~30 ml of spirits).
- **Weekly Limit:** For most adults, it is advised not to exceed 14 standard drinks per week.

Source: Centers for Disease Control and Prevention (CDC), World Health Organization (WHO)

Responsible Drinking Tips



- **Hydrate Regularly:** Alternate alcoholic drinks with water to stay hydrated.
- **Pace Yourself:** Sip slowly and enjoy each drink over a longer time.
- **Serve Standard Portions:** Use measuring tools like jiggers to avoid over-pouring.
- **Stick to Light Mixers:** Reduce calorie intake by choosing plain soda or water as mixers.
- **Eat While You Drink:** Opt for protein and fiber-rich snacks to slow alcohol absorption.

Hangover Prevention and Tips



Minimize hangover symptoms by taking these scientifically-backed steps:

- **Stay Hydrated:**

- Alcohol dehydrates the body. Drink water before, during, and after consuming alcohol.
- Source: National Institute on Alcohol Abuse and Alcoholism (NIAAA)

- **Eat Before Drinking:**

- Having a meal rich in carbohydrates, fats, and proteins slows alcohol absorption.
- Source: Harvard T.H. Chan School of Public Health

Hangover Prevention and Tips

- **Choose Lighter Drinks:**

- Darker beverages like whiskey or red wine contain congeners, which may worsen hangovers.
- Source: British Medical Journal (BMJ)

- **Get Adequate Sleep:**

- Alcohol disrupts sleep cycles. Ensure you rest adequately after drinking.
- Source: Sleep Foundation

- **Avoid Excessive Sugary Mixers:**

- High sugar content can exacerbate dehydration and hangover symptoms.

- **Replenish Electrolytes:**

- Consume sports drinks, coconut water, or oral rehydration solutions to replace lost salts and fluids.

Source: Mayo Clinic

Sample Pairings



- **Whiskey with Plain Soda + Roasted Chickpeas**



- **Vodka with Diet Coke + Tandoori Paneer**



- **Wine with Grilled Vegetables**



- **Beer with Roasted Makhana or Masala Papad**

By following this guide, you can enjoy alcohol responsibly while keeping your health and calorie intake in check.



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