

THE STALL SEAT JOURNAL

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What is your drink doing to your waistline?

Did you make a new year's plan to get back to healthy eating? We did, too! We all might be surprised to learn that what we drink can make it more difficult to maintain a healthy weight.

We know sugary fruit drinks and sodas are jam-packed with calories. Even fruit juice can add unneeded calories if your juice glass is larger than 4–6 ounces.

Think your alcoholic drinks are a better bet when it comes to calories? We researched alcohol and calories, and the chart above tells the story.

Besides calories, alcohol has other effects on appetite that may interfere with maintaining a healthy weight.

First, let's think about the whole drink. One ounce of hard liquor (gin, vodka, rum, whiskey or scotch) contains 64 calories for 80 proof varieties, and 80 calories for those that are 100 proof. (The proof refers to the percentage of alcohol in the liquor — 80 proof

| BEVERAGE | SERVING SIZE (OZ) | PROOF / % ALCOHOL | CALORIES |
|-------------------------------------|-------------------|-----------------------------------|---------------------------------|
| Beer, regular | 12 oz | 10-12 Proof / 5-6% | 150 |
| Beer, light | 12 oz | 8-10 Proof / 4-5% | 105 |
| Wine | 4 oz | 24 Proof / 12% | 77 |
| Wine Cooler ("malternative") | 10 oz | 10–13 Proof / 5-6.5% | 125 |
| Vodka, Gin, Rum, Whiskey, or Scotch | 1 oz | 80 Proof / 40% 100 Proof / 50% | 64 (80 Proof) 80 (100 Proof) |
| Cordials, liqueurs | 1 oz | 32-52 Proof / 16-26% | 103–123 |

(Alcoholic Drink Standard Serving Calories (1 drink=12 oz. beer OR 4 oz. wine OR 1 oz. 100 proof liquor))

is 40 percent alcohol; 100 proof is 50 percent alcohol.) Once you add a mixer, the calories really soar! Per 8 ounces, orange juice contains 111 calories, regular cola or lemon-lime soda has about 100 calories, and regular ginger ale or tonic has around 80 calories.

So each mixed drink is 150–200 calories — more than a chocolate chip cookie.

Alcohol also interferes with fat burning. Normally, the liver metabolizes fats, but when a person drinks, alcohol gets first dibs. The liver breaks down alcohol first,

causing a build-up of fatty acids.

Besides adding empty calories, alcohol intake may jeopardize your health by affecting the hormones responsible for fluid balance. Alcohol causes drinkers to urinate frequently, losing body fluids. The only way to break the cycle is to drink water or another non-alcoholic beverage.

Lack of sleep also may have an impact on weight maintenance. Alcohol may make you feel sleepy, but your sleep will be less restful after drinking. Over time, inadequate sleep leads to weight gain.

So how do you know how many calories you're drinking? Get some friends together and give yourselves "Bartender Pouring Lessons" with water, juice, soda or any other drink. Break out your measuring cups and spoons, or pour into a Nalgene bottle with measurement markings. Challenge each other to see who measures closest to the correct amount. You may be very surprised!

Who knew?

- Most (80%) VCU students use one or more Party Smart strategy if they choose to drink.
- Most (67%) drink alcohol on 5 or fewer days per month.
- Most (92%) have not had alcohol affect their academics.

*Statistics from VCU Spring 2007 random undergraduate classroom survey (n=1,524).

You could be 1 in 3! Chance to win a Wii!

It's that time of year again, the random sampling of VCU students to complete the National College Health Assessment (you know, the survey that gives us our statistics for "VCU Students Are Healthier Than You Think!") This year, 10,000 VCU undergraduate and graduate students will be invited to complete the survey. That means you have a 1 in 3 chance of being selected to participate!

In mid-February, keep your eyes peeled for a letter in the U.S. Mail, which will be sent to the address you have listed on file with VCU. If you are selected, you also will receive an email sent to your VCU email account with



the subject line "Important Health Information Request" with your personal link to the survey. This email will include a link to the survey with a specialized code so that you will not need to identify yourself when completing the online survey. This survey is completely voluntary and there is no way for anyone at VCU to connect you to your responses.

We appreciate your valuable time. Every student who takes the survey will have a chance of winning one of hundreds of prizes, including a Wii, iTunes gift cards, free drinks at Starbucks, free T-shirts — and many more!

It's not too late! Get your FREE flu shot from Student Health!

If you have asthma, it is especially important to get your flu shot to avoid complications associated with getting the flu virus.

Walk-in immunization hours at VCU Student Health:

Monroe Park Campus Clinic

Sports Medicine Building
1300 W. Broad St., Suite 2200
Monday and Wednesday 8:30–11 am
Tuesday and Thursday 2–3:30 pm

MCV Campus Clinic

VMI Building
1000 E. Marshall St., Room 305
Monday and Wednesday 8:30–11 am
Tuesday and Thursday 1–3:30 pm

For strategies, history, research:
www.YourStrategy.org



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