Rec Tip of the Week – 9/12/2012

Why Beer Makes you Fat

Alright – so beer alone doesn’t cause weight gain, no single food or drink has that power. A “beer belly” is a buildup of abdominal fat, which has accumulated due to a combo of overeating and lack of physical activity. Your overall eating/drinking habits definitely have an effect on the waistline, and alcohol can be especially problematic. Being overweight increases your risk of cardiovascular disease, increases blood pressure and can cause or worsen many other health issues.

So back to the beer -- One regular brewsky has 140-200 calories per serving, and most light versions fall somewhere around 100 calories. Three light beers = 300 calories. Still following? It doesn’t take long for those calories to add up. Adding 5 beers each week to your regular diet (without changing your exercise habits, i.e. increasing the amount/intensity) can cause a gain of 1 pound every 3.5 weeks. Note: 3600 calories = 1 lb.

Consider this: You are at a social event and drink 6 regular beers over the course of the evening (6x150), there’s 900 calories. Now take that x4 (1 night of drinking per week, 4 weeks in a month), and in a month you have consumed 3600 calories (1lb), from beer alone. See where this is headed? Double that number of beers and you’re looking at 2lbs/month.

Drinking and snacking often go hand-in-hand, especially if you are hungry after a night out, and you probably aren’t reaching for the carrot sticks. All those additional snack calories quickly add up and can lead to weight gain, i.e. the signature beer belly.

So if you are of age, and decide to drink, consider the effect it can have on your waistline and your overall health. An occasional drink won’t send you off the deep-end, but regular, heavy consumption of beer (and alcohol) can have serious health consequences.

Sources: