



# Fat Adapt – Drinks & Alcohol

## *Fizzy drinks*

Soda drinks full of sugar are an obvious no no when it comes to following a low carb way of eating, and the research on diet soda drinks is inconclusive, with some studies suggesting that artificial sweeteners may increase insulin in the body. Diet drinks are most likely to be better than sugar, but if in doubt, stay clear of both.

## *Fruit juice*

Fruit juices may seem healthy, but they are packed full of sugar. A 300ml glass of orange juice has the equivalent of 5 tsp. sugar or 27g of carbohydrates, about the same as a big slice of chocolate fudge cake or 6 chocolate digestive biscuits. Next time you think about drinking fruit juice, imagine a blended cake and biscuit mix passing your lips! That’s a lot of sugar which will stimulate your fat storing hormone insulin.

## *Caffeine*

Caffeine in moderation does not have much of an impact on insulin, although more than 3 cups a day can lead to increased stress hormones in the body, making weight loss harder. Caffeine is best to have in the morning and before exercise. Have up to 3 caffeinated drinks per day, but more importantly don’t opt for lattes (unless made with low carb milk) or sugary options.

## *Alcohol*

What about carbs in alcoholic drinks? A pint of beer contains a whopping 20g of carbs, a glass of wine / prosecco is much less at 5g and there are no carbs in spirits such as vodka, gin and rum. Cocktails are almost always full of sugar or fruit juices, so stay very clear of these unless you are making them yourself.

It’s important to know that when the body is processing alcohol, the liver prioritises detoxifying it as an absolute necessity, therefore it does not have the resources to process your food into energy to burn. When alcohol is in your system, everything you eat at this time will be stored as fat. This is not the best situation if you are trying to encourage fat burning, so I would recommend limiting alcohol to 1 day per week and only having 6 units on this day as a maximum. Drink a glass of water between each alcoholic drink to slow you down and to keep you hydrated.

If you are striving for fast fat loss, you may wish to give up alcohol temporarily in the first 2-4 weeks of the plan.

<b>Drinks to include</b>	<b>Drinks to avoid</b>
✓ Water	✗ Sugary soda drinks
✓ Sparkling water	✗ Diet soda drinks
✓ Water infused with mint	✗ Fruit juice
✓ Water infused with lemon / lime	✗ Lattes
✓ Coffee & tea (max 3 a day)	✗ Beer
✓ Herbal tea	✗ Sugary cocktails
✓ Low carb milks e.g. cashew nut milk	
✓ Hot chocolate with cacao powder	
✓ Alcoholic spirits (max 6 units per week)	
✓ Wine (max 6 units or 1/2 bottle per week)	