

Mastering Alcohol Macros: Sip Smarter, Track Better!

Ever wondered how to keep tabs on your macros while enjoying a drink (or two)? If you're an avid macro tracker, logging alcohol can feel like trying to fit a square peg into a round hole. But worry not, my party animals, I've got the lowdown on how to sip smarter and track better without letting those sneaky calories derail your progress.

The Skinny on Alcohol Calories

First things first, let's break down the basics:

1. **Calories from Alcohol:** Alcohol itself packs a punch at about 7 calories per gram—almost double that of carbs and protein (4 calories per gram) but less than fat (9 calories per gram).
2. **Types of Alcohol:** From light beers to sugary cocktails, the calorie content varies wildly. A straight shot of vodka isn't the same as a piña colada!

Steps to Log Alcohol Macros

So, how do you log these elusive alcohol macros? Let's dive into the nitty-gritty:

1. Find the Total Calories

Check the label or a reliable nutrition database to get the total calorie count of your drink.

2. Calculate the Alcohol Calories

Multiply the grams of alcohol by 7. For instance, a drink with 14 grams of alcohol gives you $14 * 7 = 98$ calories from alcohol.

3. Distribute the Calories

Since alcohol doesn't fit neatly into carbs, fats, or proteins, you can distribute these calories into either carbs or fats. Here's how:

- **Carbohydrates:** Divide the total alcohol calories by 4 (since 1 gram of carbohydrate has 4 calories).
- **Fats:** Divide the total alcohol calories by 9 (since 1 gram of fat has 9 calories).

Example: If a drink has 100 calories from alcohol, you could log it as either 25 grams of carbohydrates ($100 / 4$) or about 11 grams of fats ($100 / 9$).

4. Log Non-Alcoholic Components

If your drink has mixers or other ingredients, log those macros separately. For instance, sugary mixers are usually loaded with carbs.

Example Breakdown

Take a standard beer as an example (12 oz, about 150 calories):

1. **Total Calories:** 150
2. **Alcohol Content:** Approximately 14 grams of alcohol (providing about 98 calories).
3. **Non-Alcohol Calories:** $150 - 98 = 52$ calories (from carbs or other ingredients).

Log the 98 calories from alcohol as either:

- 25 grams of carbohydrates: ($98 / 4$)
- 11 grams of fats: ($98 / 9$)

Then, log the remaining 52 calories based on the beer's ingredients.

Nutrition Facts	
Serving Size 1 beer (12 fl oz)	
Servings Per Container 1	
Amount Per Serving	
Calories 150	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat	0%
Trans Fat	0%
Cholesterol	0%
Total Carbohydrate 13g	40%
Fiber 8g	
Protein 0g	
Contains significant amounts of magnesium, selenium, potassium, phosphorus, biotin, B3 (niacin), B5 (pantothenic acid), B6 (pyridoxin), and B9 (folate), with smaller amounts of B1 (thiamine), B2 (riboflavin), B12 (cobalamin), and choline.	
* Percent Daily Values are based on a 2,000 calorie diet.	

52 calories from Carbohydrates.

150 total calories - 52 calories from Carbs = 98 calories unaccounted for

Always use the formula. If the nutrition label states 150 calories, you can break it down to account for all the calories correctly.

Using Apps or Manual Tracking:

Apps: Using apps like MyFitnessPal, Cronometer, or other macro tracking apps which have extensive databases for different alcoholic beverages.

Manual logging: If using a spreadsheet or a journal, follow the steps above to break down and distribute the calories.

Quick Add Alcohol Macro

For a quick reference, here’s a handy table to make logging even easier:

Alcohol Type	Quantity	Calories	Carbs (grams)	Fats (grams)	Protein (grams)
Light Beer(3.5%ABV or less)	12 oz	104	104	26	0
Beer (avg 5.5% ABV)	12 oz	154	39	17	0
Cider	12 oz	175	44	19	0
White Wine	5 oz	120	30	13	0
Red Wine	5 oz	125	31	14	0
Champagne	4 oz	90	23	10	0
Vodka	1 oz	64	16	7	0
Tequila	1 oz	69	17	8	0
Whiskey	1 oz	70	18	8	0
Scotch	1 oz	64	16	7	0
Rum	1 oz	73	18	8	0
Bourbon	1 oz	64	17	7	0

Cheers to Smart Sipping!

Now you’re all set to enjoy your favorite drinks without the guilt. Remember, moderation is key, and with these tips, you can fit a little fun into your macros without throwing off your fitness game. Cheers to smart sipping and happy tracking!

Still Need more help with this?

If we haven't connected yet send me a email back or DM on one of my social media platforms linked below. I have been in this Nutrition space long enough to have all the Tips & Tricks! All Available through one of my 1:1 Nutrition Coaching memberships! Connect with me through one of these platforms and I can help you get your results sooner without all the guess work (;

Instagram: [@JennHasLupFit](https://www.instagram.com/JennHasLupFit)

Email: Jenn@haslupfit.com

Phone: 561-797-0142

