

The Ultimate Alcohol Cheat Sheet

This cheat sheet provides a comprehensive guide to navigating alcohol consumption while maintaining your fitness goals. We'll explore the impact of alcohol, calorie content of popular UK drinks, smart swaps for lighter alternatives, strategies for social situations, macro tracking tips, and recovery methods. Enjoy alcohol responsibly while staying on track!



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Understanding Alcohol & Its Impact on Fitness

Alcohol consumption can significantly impact fitness goals. It contains empty calories, can hinder muscle recovery, disrupt sleep, and affect hormone levels. Understanding these effects is crucial for making informed choices. Moderation and awareness are key when incorporating alcohol into a fitness-focused lifestyle.

Popular Drinks & Their Calorie Content



Beer (Pint)

Calories: 180–250



Wine (175ml)

Calories: 120–160



Cider (Pint)

Calories: 200–250



Wine (Bottle)

Calories: 640



Gin (25ml)

Calories: 55–65



Whiskey (25ml)

Calories: 55–65



Vodka (25ml)

Calories: 55–65



Rum (25ml)

Calories: 55–65

Note: Mixers significantly increase calorie count. Opt for diet or sugar-free options.



Berry Mojito

Calories: 200–250



Daquiri

Calories: 180–240



Cosmopolitan

Calories: 200–250



Espresso Martini

Calories: 220–280

Smart Swaps: Lighter Alternatives for Common Drinks

- **Prosecco:** Typically contains around 80 calories per glass
- **Vodka Soda Lime:** A naturally low-calorie choice at around 100 calories
- **Rum & Diet Coke:** Choose diet mixers with spirits.
- **Low calorie beers,** or ordering by the bottle rather than by the pint.
- **Low-Calorie Cocktail:** Such as Old Fashioned (150 cals), or ask the bartender to go easy on the syrup!

Navigating Social Situations: Strategies for Mindful Drinking

- Set a limit before going out and stick to it.
- Alternate alcoholic drinks with water or other non-alcoholic beverages.
- Be mindful of peer pressure and prioritize your health goals.
- Ask your friends in advance to be mindful of your health choices and support your goals.
- Choose venues with a variety of non-alcoholic options.

Factoring alcohol into your diet

You can absolutely drink alcohol and lose weight

BUT

You will need to remain in a calorie deficit for this to occur. If you maintain your bodyweight at 1800, and you're eating 1800 daily but not accounting for alcohol, you will be in a calorie surplus.

So what can you do?

If you have a big night out planned, try decreasing your daily calories by 150–300 during the week so you are in a deficit and then bank the extra calories to have more flexibility on your night out.



Why your bodyweight and height matters

Katie is 5 foot 6 and weighs 80kg - she maintains her bodyweight at 2150 calories.

Claire is 5 foot 1 and weighs 52kg - she maintains her bodyweight at 1650 calories.

Katie and Claire go on a night out and they each consume one bottle of wine, 2 cocktails and 3 rum & cokes which comes to 1275 calories (approximately).

Katie has just under 900 calories left to allocate to food on this day. Claire has around 350 calories left. Claire - as a small woman - will find it harder to lose weight when so many of her daily calories are consumed in alcoholic drinks.

Hydration & Recovery: Mitigating the Effects of Alcohol

- Drink plenty of water before, during, and after alcohol consumption to combat dehydration.
- Replenish electrolytes with a sports drink or electrolyte tablet.
- Prioritize sleep to aid recovery and reduce the impact on hormone levels.
- Consume nutrient-rich foods to support liver function and overall well-being.
- Give yourself 48 hours after a night out before jumping on the scales as you will be likely to see short term increases in body weight that is not increased body fat.

Enjoy Alcohol Responsibly While Staying on Track

With awareness and moderation, it's possible to enjoy alcohol without derailing your fitness progress. By making smart choices, tracking your intake, and prioritizing hydration and recovery, you can maintain a healthy balance and achieve your goals.