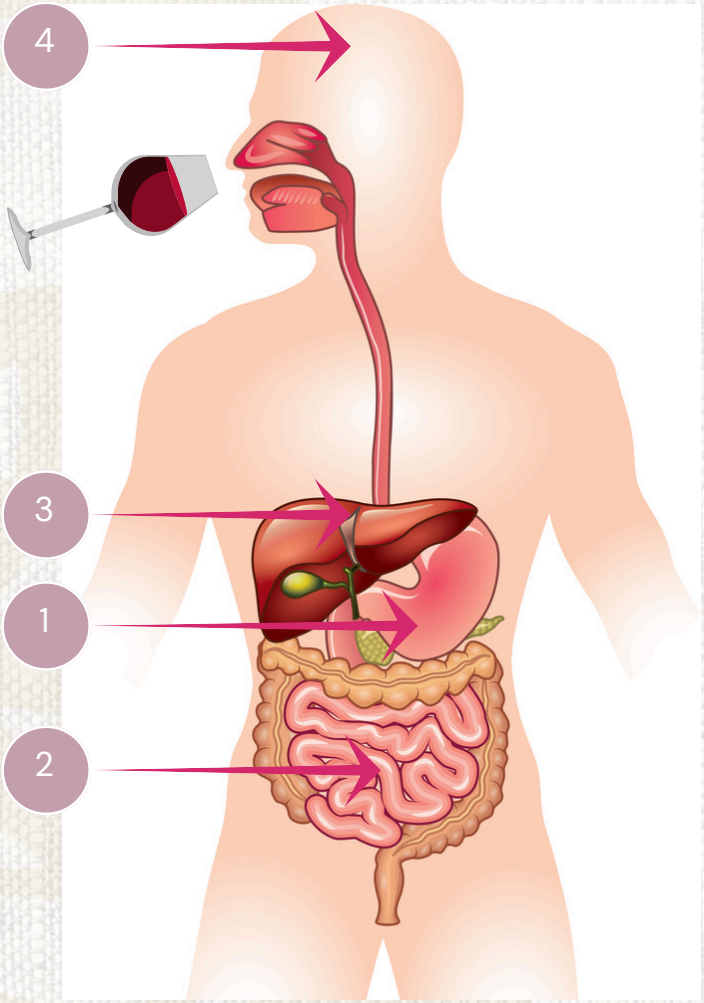
HOW YOUR BODY PROCESSES ALCOHOL

Whole Lifecycle NUTRITION

1. About 20% of alcohol is rapidly absorbed in stomach. May cause irritation to stomach lining. Blood alcohol rises.
2. The other 80% is absorbed in the small intestine. May cause inflammation. Blood alcohol rises.
3. Alcohol is directed to liver where it is converted into acetate. Liver can only metabolize about 1 drink per hour.
4. Alcohol that is not metabolized gets recirculated to brain causing impairment and loss of ability to control behavior.



ALCOHOL = 7 CAL/G

DID YOU KNOW?

Alcohol may cause a slight rise in blood sugar levels when initially ingested, but the overall effect of alcohol is a drop in blood sugar. Eating can help to maintain blood sugar levels. Carbohydrate-rich drinks, like beer, may initially cause spike, but will likely be followed by a drop in blood sugar.

ETHANOL → ACETATE

- → INCREASED FAT STORAGE
- → DECREASED CARBOHYDRATE AND FAT METABOLISM