
Alcohol and Fat Loss

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- Alcoholic drinks are high in calories
- Alcoholic drinks provide NO nutritional value
- When you have an alcoholic beverage a small portion of it turns into fat, the rest turns into acetate which your body now uses as fuel instead of fat

After a night of drinking it may take your body hours to recover and start burning fat again.

Keep in mind that alcohol effects everybody differently, some may be able to drink a few here and there and still lose weight while a drink or two for others may completely halt their fat burning efforts.

Now there are recommendations like a glass of red wine a day is good for your heart and that may be all well and good, if you only have one glass a day then you don't really need to be reading this.

This is for those who like to consume large quantities of alcohol, with so many negatives and so few positives if you are serious about controlling and lowering your body fat and it's really best to stay away from alcohol.

Credit: <http://www.thefactsaboutfitness.com/research/alcohol.htm>

