

# Responsible drinking

Helping people make informed choices about alcohol.



## Beauty and Diet

There are many myths and questions concerning alcohol and beauty.

### Weight and nutrition

Drinking too many alcohol beverages can of course contribute to weight gain, as can eating or drinking too much of almost anything.

However, research has found no consistent link between alcohol beverages and obesity. The primary reasons behind obesity are overconsumption and decreased metabolism. Genetics may also play an important role in a person's weight.

Many adults responsibly enjoy beer and maintain their weight. Gram for gram, ethyl alcohol, by itself, contains fewer calories (7 calories) than fat (9 calories), but more than carbohydrates (4 calories) and protein (4 calories). Beer is fat free, and in general most beers are relatively low in carbohydrates, free sugars and sodium.

Since beer is made from wholesome raw materials, such as cereal grains (e. g. , barley, wheat and sorghum), hops, yeast and water, it is a source of natural protein, antioxidants, is plentiful in B vitamins, and minerals (such as silicon, calcium, potassium and magnesium), and is a source of soluble fibre.

Despite what some popular diet books say, traditional beer contains little or no maltose or other sugars. During the brewing process, the barley malt is cooked, and the resulting liquid contains maltose, which is a sugar. However, during fermentation, yeast consumes the maltose and converts it to alcohol and natural carbonation.

Some women, and men, skip food when they are drinking to offset the calories, a practice that has been called 'drinkorexia'. This is unwise. Intoxication can happen more quickly on an empty stomach and levels of alcohol in your body will rise faster: Every person's diet and genetic makeup is unique. Seeking the help of your doctor or healthcare professional to determine the best overall diet and exercise program to fit your lifestyle can be very helpful.

### Alcohol and your skin

Many things in your lifestyle and environment can affect your skin, including the climate you live in, how much sleep you get, the heating and cooling systems you are exposed to, the amount of sodium in your diet, medications you take, the skin products you use, and your daily skin care ritual.

To avoid dehydration of the skin, no matter what one consumes or your exposures, it is important to drink plenty of water. A good rule to follow is to drink about eight 8 ounce glasses (1.66 liters) of water a day – and increase your water intake if you live in a dry climate or during hot weather.

Alcohol is a diuretic, which can dehydrate the skin, particularly if consumed in excess. If you are prone to dry skin, limit your intake of alcohol by consuming lower strength beer and additional water. On the other hand, beer is plentiful in B vitamins and brewer's yeast that have nourishing and cleansing properties. As with everything else in life, moderation is the key.

### Beer and hair

Sadly, there is little evidence that rinsing your hair in beer makes it shinier, although women have sworn by this for centuries.

### [www.aboutalcohol.com](http://www.aboutalcohol.com)

These sites contain further information that you may find useful.

### Other websites

[www.alcoholinfo.nl](http://www.alcoholinfo.nl)  
[www.jellinek.nl](http://www.jellinek.nl)  
[www.trimbos.nl](http://www.trimbos.nl)  
[www.drinkaware.co.uk](http://www.drinkaware.co.uk)  
[www.aa-nederland.nl](http://www.aa-nederland.nl)  
[www.tactus.nl](http://www.tactus.nl)

[www.alcoholondercontrole.nl](http://www.alcoholondercontrole.nl)  
[www.spreekbeurten.info/alcohol](http://www.spreekbeurten.info/alcohol)  
[www.alcoholenik.nl](http://www.alcoholenik.nl)  
[www.stichting-be-aware.nl](http://www.stichting-be-aware.nl)  
[www.verslaving.nl](http://www.verslaving.nl)  
[www.laetzenietverzuipen.nl](http://www.laetzenietverzuipen.nl)



For people above legal drinking age only



Don't drink and drive



Don't drink while pregnant

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