

THE Wine Lover's Guide for Weight Loss

Losing Weight Without Missing Out



**Revised
Edition**

**Do you have friends who can drink wine and stay slim, but you can't?
While there's no miracle solution, find the balance that's right for you!**



A quick quiz	Your answer	
	Yes	No
1. I enjoy a glass of wine at the end of the day.	Yes	No
2. I sometimes have a glass when preparing the evening meal.	Yes	No
3. I find myself having a glass of wine, or two, most nights of the week.	Yes	No
4. I don't measure my wine servings.	Yes	No
5. I don't record each wine serving.	Yes	No
6. Other people influence if, when and how many glasses I drink.	Yes	No

If you answered 'Yes' 3 times or more, your association with alcohol may be working against your weight loss efforts.

Before we get to alcohol, let's look at carbs

What role does Carbohydrate Tolerance play in weight loss?

Everyone differs in how much carbohydrate their body can tolerate before stopping fat burning. Some can tolerate 300g a day and some only 30g a day. For many people, their body's carb tolerance declines each year.

If you exceed your body's daily carbohydrate tolerance, you'll do three things:

1. You'll switch your body into fat storage making weight loss difficult.
2. You won't be able to access your body's stored fat for energy to lose weight.
3. You decrease your ability to enjoy wine and control your weight.

The Technical Bit

The reason for weight-gain is not as simple as, "Over the years I've just eaten more and moved less."

The body's fat storage process involves:

1. Continually eating more calories than you've been burning AND exceeding your body's carb tolerance, from all foods and drinks, healthy or not.
2. Your pancreas constantly stimulating the release of more insulin.
3. Doing this week in and week out, year in and year out, decade in and decade out.
4. Your cells (especially liver and muscle cells) become resistant to the message from the insulin.
5. You may develop 'Insulin Resistance' whereby you stay in fat storage all the time. You become 'weight loss resistant' and say things like "I've tried everything and nothing works."
6. You can have a blood test to see if you have Insulin Resistance (pre-diabetes). There's a simple way to predict if this is likely: you're storing more fat around the midsection. Whether you get tested or not, the cause is too much carb intake (for your body) and the solution is to make the correct food and drink changes. There's no drug your doctor can prescribe to reverse the health problems caused by exceeding your body's unique carb tolerance.



Grab a tape measure. If your waist is getting close to, or more than 50% of your height, it's likely you have Insulin Resistance that's undiagnosed.

What about wine? Is it a carb?

We call wine a 'super carb' in that alcohol is burnt up preferentially over all other sources. But that aside, it definitely should be factored in to your total carb intake. And so, the new rule is:

"To lose weight I need to ensure that my total carb intake (including wine) is below my body's individual daily carbohydrate tolerance."

There is no test to find out your body's carb tolerance but there is a process.

**First the bad news about wine and weight loss.
The list below is by no means exhaustive.**

1. **Emotions.** You may be making the choice to use alcohol to self-medicate against whatever negative emotions you're feeling. Should you make life choices to avoid that stress? Are there alternative activities and strategies that can make you feel better at the end of the day? A walk in the park?



2. **Thirst.** Make sure you stay well hydrated with water and any calorie-free drinks during the day and night. If you do choose to have a glass of wine, have a glass of water before and after each glass of wine.
3. **Sleep.** Alcohol may help you fall asleep but sleep quality will be worse, especially as alcohol promotes snoring. Poor sleep quality is a hormonal disruptor which makes weight management much more difficult. Never have a night cap!
4. **Appetite.** When you don't get enough restorative sleep, it's more likely you'll wake up with reduced energy and increased appetite, especially for sugar-heavy foods, and this works against your weight loss efforts.
5. **Control.** Alcohol robs you of dietary control. Enough said.
6. **Health.** Wine does not have any health benefits that outweigh the downsides of consuming ethanol, the alcohol in wine, and the sugar that comes naturally with wine.

We're not saying you can't drink alcohol, but that you should be aware of the above.

Now the good news for wine lovers who want to lose weight

If you've started a carb-restricted eating plan to optimise your body's insulin levels to help it switch from fat storage to fat release, you're better off not drinking any alcohol for the first 28 days. The longer the better.

By following the Healthy Inspirations program, you'll learn how much carbohydrate your body can tolerate and start to eat (and drink) within it. Then you'll be able to substitute some wine for a carb serve. Of course, the dry wines have less carbohydrate than sweet wines.

Please be aware that good carbs like green leafy vegetables are low in carb, loaded with nutrients, and a good source of fibre. Wine does not have these benefits, so please don't substitute wine for your leafy greens.



When you learn how much carbohydrate your body can tolerate and you start to eat (and drink) within it, you'll be able to substitute some wine for a carb serve.

So, what's the best way to figure out my body's individual carb tolerance?

That's where you'll save a lot of time, effort and angst doing the Healthy Inspirations program that is designed to answer that very question. While those with high motivation and natural self-discipline can lose weight on their own, for everyone else the support and accountability of weekly coaching is what helps our program to work so effectively.

The end result is that you lose weight steadily, improve your health and discover how much wine you can consume and still maintain your new weight.

**For more info ask a Health Coach at your local centre
for our Alcohol & Weight Loss handout**

Mocktails for any Occasion

A great way to avoid the extra calories and carbohydrates from alcohol, and still enjoy having a delicious beverage, is to get familiar with some popular Mocktails.

To save on calories, and keep you and your skin hydrated, we have put together this list that will keep the calories low but the taste sensation high.

Enjoy with plenty of crushed ice.

These suggestions are non-alcoholic, low-carb versions of traditional cocktails.

Gin and Tonic

Plenty of lemon with diet tonic water



Vodka Lime and Soda

Soda water with fresh lime juice



Pimms

Lipton Lite Peach Iced Tea, diet lemonade, sliced strawberries, chopped cucumber and fresh mint



Vodka, Lime and Bitters

Bickfords Diet Lemon, Lime and Bitters, soda water and sliced lime



Vodka, Ginger and Lime

Diet ginger ale with fresh lime juice



Pomegranate Spritzer

Ginger ale, lemon and peel, pomegranate and soda water



Virgin Mary

Tomato juice, lemon juice, Worcester sauce and Tabasco sauce and pepper
Serve with celery sticks



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