

# Alcohol consumption and weight gain.. Is there a gender difference,,,YES

This past year has been very challenging for everyone, for mom's of young school aged children it has been especially hard. So it is no wonder that many woman have turned to that "well deserved" glass of wine. Perhaps even nightly. But if you are concerned about your weight and want to avoid putting on the "Covid 10" you may want to make some changes. Woman process alcohol differently than men. We have a higher body fat and lower water content that makes it easier for us to have a higher blood alcohol level than a man who weighs the same and drinks the same amount, resulting in affecting our livers more. ([See link](#)) The liver puts metabolizing the alcohol over food because it is registered by the body as a poison. Glucose levels drop resulting in the need to eat while drinking. Because the liver is too busy metabolizing the alcohol any food you eat while drinking is more likely to be stored.

So I'm sure at this point you all saying, "thanks Jen, you just bummed me out more. No, here comes the good news and helpful suggestions to keep you sane, healthy and fit. Woman have a better ability to prevent belly fat from drinking alcohol than men. It is because of estrogen. Aldh1a1 is an enzyme which is responsible for converting alcohol to belly fat. Estrogen suppresses that enzyme. (Note: this will change as estrogen levels drop with age). ([See Link](#)) So, if you are trying to watch your waist line lower carb drinks are better. Wine has fewer than 4 grams of carbs/glass. Also since our glucose levels drop while drinking make sure what you eat is higher in fiber and protein. The fiber will help level and curb that hunger. So before your "well deserved" glass or two of wine prepare a wonderful tray of cut vegetables, nuts, cheese and fruit to enjoy with it. Also make sure you are well hydrated before and after the wine. Ladies we can enjoy life and our health. It just takes a little knowledge and prep work. Here's to 2021!! **CURRENT DGA SUGGEST ONLY 1 DRINK A DAY.**

