

Alcohol Guidelines

LOW CARB ALCOHOL

the best & the worst

Your body will burn alcohol before anything else and will slow down weight loss. Having said that, if you are going to drink, choose wisely as some are ok and some are disasterous.



The numbers represent grams of carbs per a typical serving .

COMPARING WINE VS BEER

Wine even on a strict low-carb diet you can probably have a glass of wine on a regular basis.

Look for wines with alcohol content under 12.5. Buy from countries that have strict regulation on pesticide and glyphosate - ex) Italy, France, Austria and some Spanish wines. Find Biodynamic wineries.

Beer generally is a very high carbohydrate drink which is a problem if you are trying to watch your weight, **BUT** there are low carb options. There is a reason people talk about "beer bellies". For low carb beer [CLICK HERE](#)

Cocktails



The numbers represent grams of carbs per a typical serving .

When it comes to cocktails, pure spirits like whiskey, brandy, cognac, vodka, tequila contain zero carbs.