

Nutrition Focus: Alcohol



As you probably already know, drinking alcohol and weight loss don't go well together. Alcohol can change the way your body burns fat. When you drink your body is more focused on breaking down alcohol rather than burning fat. Calories from alcohol are not the same quality-wise as calories from food. Calories from food provide energy for you to go about your day and give you the nutrients your body needs to thrive, Those from alcohol are basically empty, Does that mean you can never drink alcohol while trying to lose weight? Not necessarily, but there are some alcohol choices that are better than others when trying to lose weight.

[Low Calorie Alcohol Ideas](#)