

# Alcohol & Keto

Alcohol is very much like sweets on the ketogenic diet; in moderation and within your macros, you should be able to enjoy it without negatively affecting your ketone levels or weight loss.



## HARD ALCOHOL

Most non-flavored hard liquors contain 0g carbs

**ZERO CARBS DOES NOT MEAN ZERO CALORIES**



## BEER

All beer contains carbs, with the lowest net carbs beers contains 2-5g

**LIMIT YOUR BEER INTAKE TO A GLASS**



## WINE

Most wines contain 2-4g net carbs per glass

**DRINK WINE 13% ALC OR LESS TO AVOID SUGARS**



Test your glucose & ketones to make sure you can tolerate alcohol without getting kicked out of ketosis

**THE EFFECTS OF ALCOHOL MAY BE MORE INTENSE ON KETO, START SLOWLY**