

KETO + ALCOHOL: DO THEY MIX?

Katie Rodriguez, Nutritional Consultant



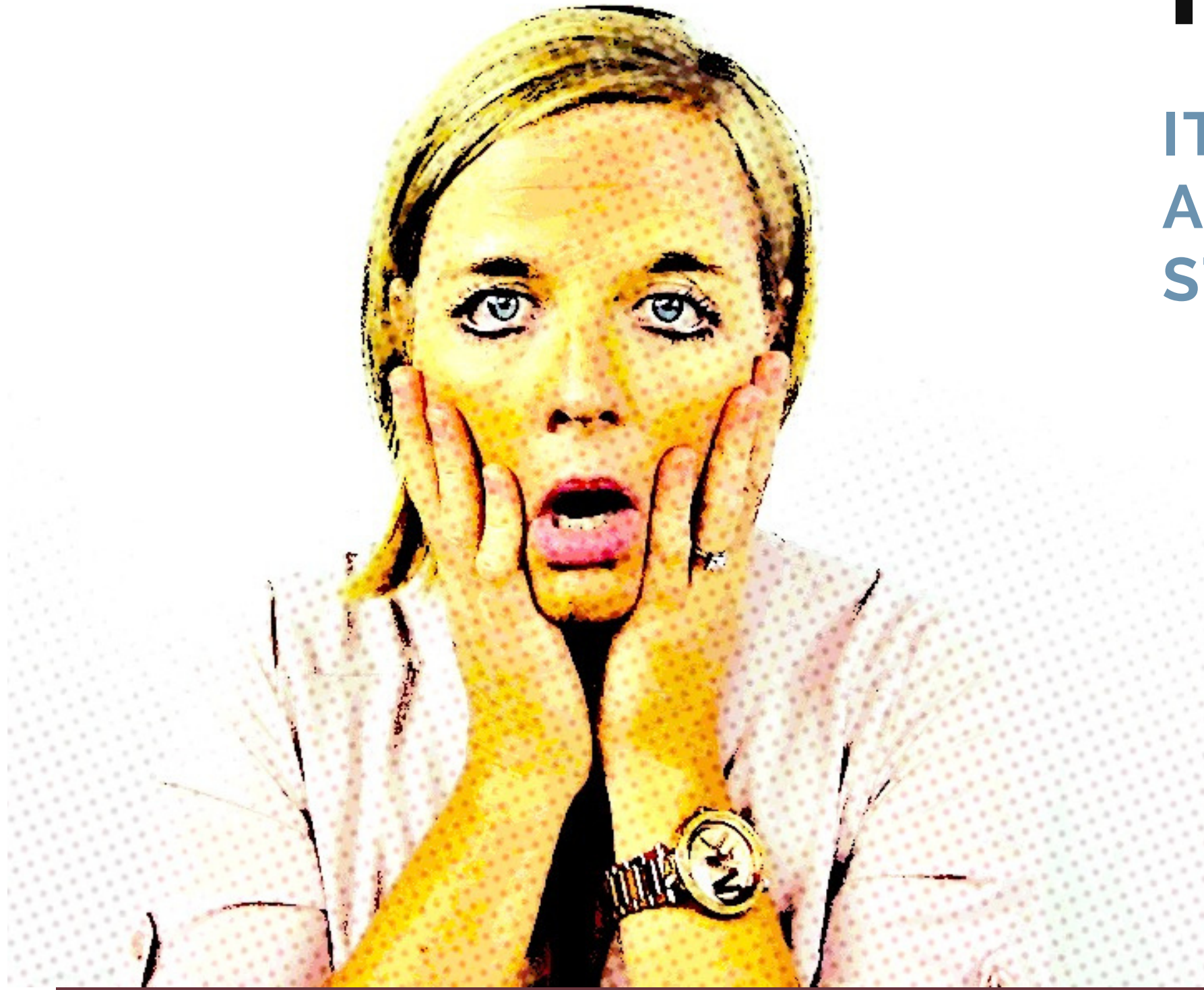
“CAN I DRINK ALCOHOL AND REMAIN
IN KETOSIS?”



Hi! I'm Katie

NUTRITIONAL CONSULTANT

I live the keto lifestyle, and I drink alcohol. Probably too much in fact. And that's what makes me the perfect person to discuss the ketogenic diet in relation to drinking.



Keep in Mind!

IT'S NOT UNCOMMON TO CRAVE ALCOHOL DURING THE INITIAL STAGES OF KETO-ADAPTATION

- The body knows it can receive quick fuel in the form of cakes, baguettes, bananas, and bellinis.
- Beer is metabolized in the body in the same form as sugar.
- Often TONS of added sugar in cocktails

Just How Much Sugar?

BASIC MIXERS

1 oz Simple Syrup = 14g Sugar

6 oz Coca-Cola (1/2 can) = 20g Sugar

2 oz Sour Mix = 20g Sugar



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CHEAT SHEET:

Liver Health: What You Need to Know for Keto Success

Be aware that drinking alcohol
(even keto-friendly beverages)
slows weight loss.

Alcohol: Optimal Choices

KETO + ALCOHOL: FROM BEST TO WORST

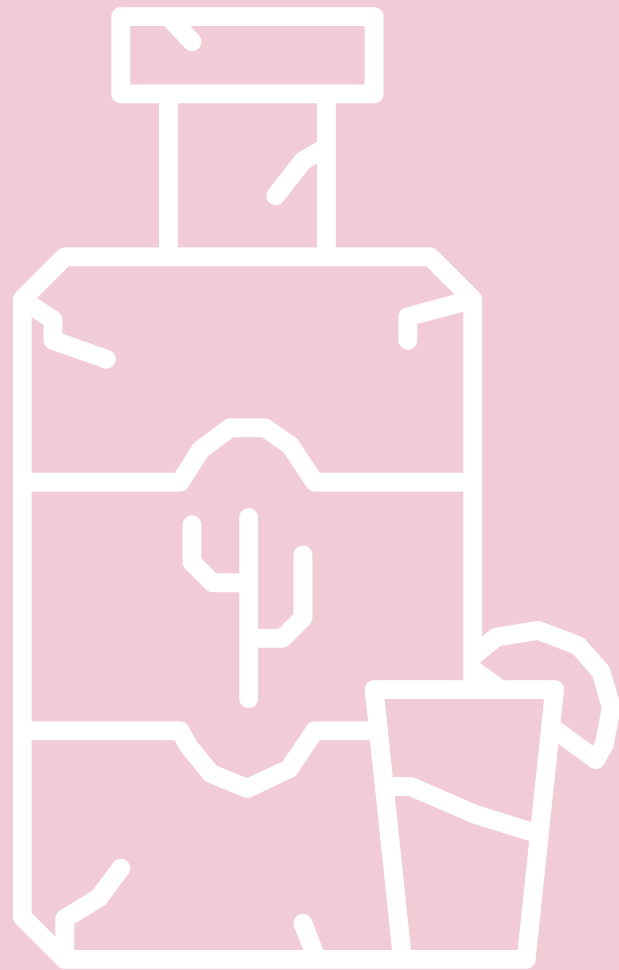


BEST



WORST

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STRAIGHT SPIRITS

- Vodka
- Gin
- Rum
- Tequila
- Brandy
- Cognac
- Whiskey



BUBBLES

- Brut champagne
- Dry sparkling wine
- Sparkling rose



RED WINE

- Pinot Noir (3.4g carbs)
- Merlot (3.7g carbs)
- Cabernet Sauvignon (3.8g carbs)

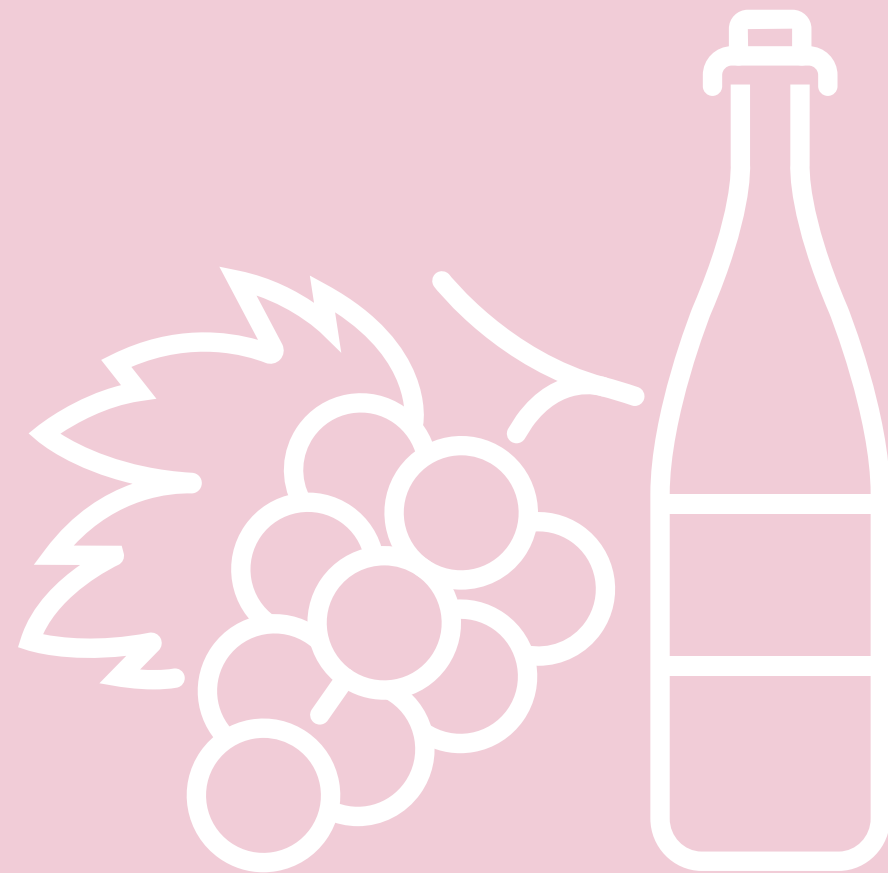
Dry Farm Wines

NATURAL WINES

Dry Farm Wines has an extensive selection of natural wines. Meaning all wines are: lab tested for purity, additive, and sugar-free (<0.15g/glass)

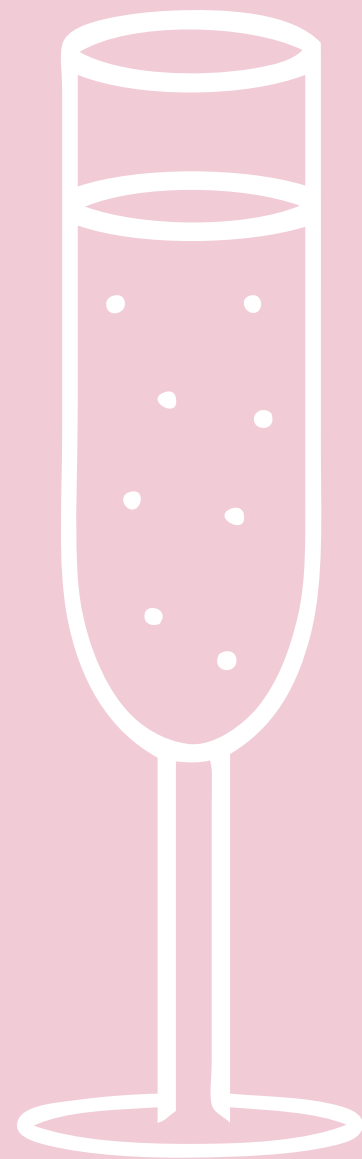
<https://www.dryfarmwines.com/>





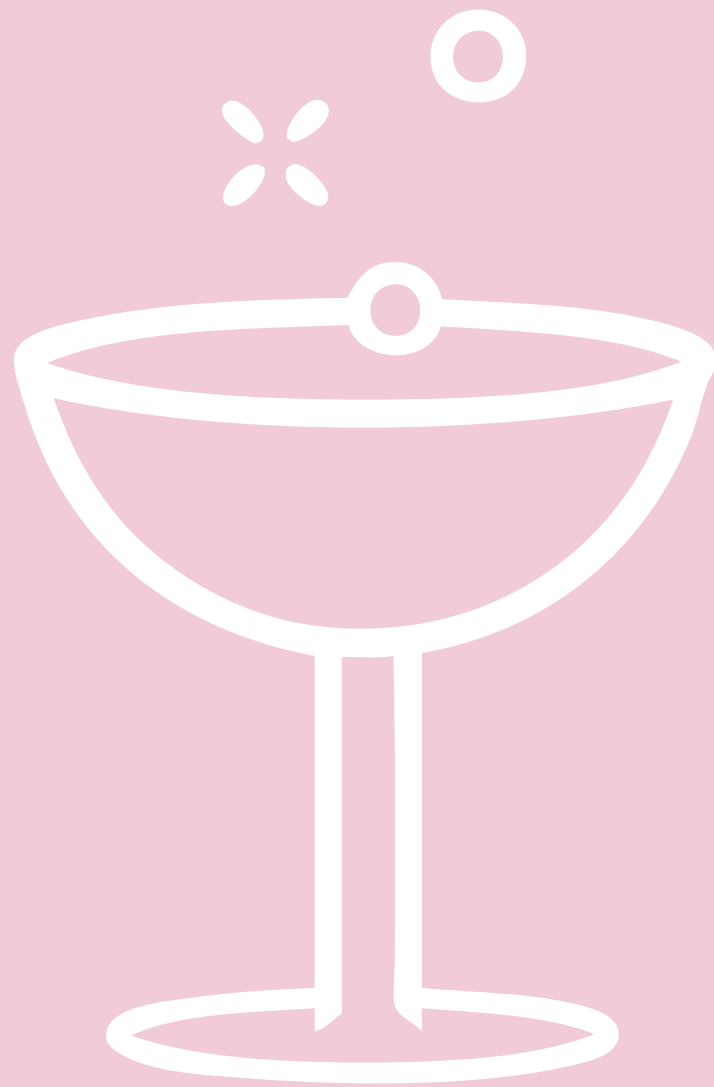
WHITE WINE

- Sauvignon Blanc (2.7g carbs)
- Rose (2.9 carbs)
- Pinot Grigio (3.2g carbs)
- Chardonnay (3.7g carbs)



SWEET WINE

- Moscato
- Port or Sherry
- Ice Wine
- Sangria
- White Zinfandel



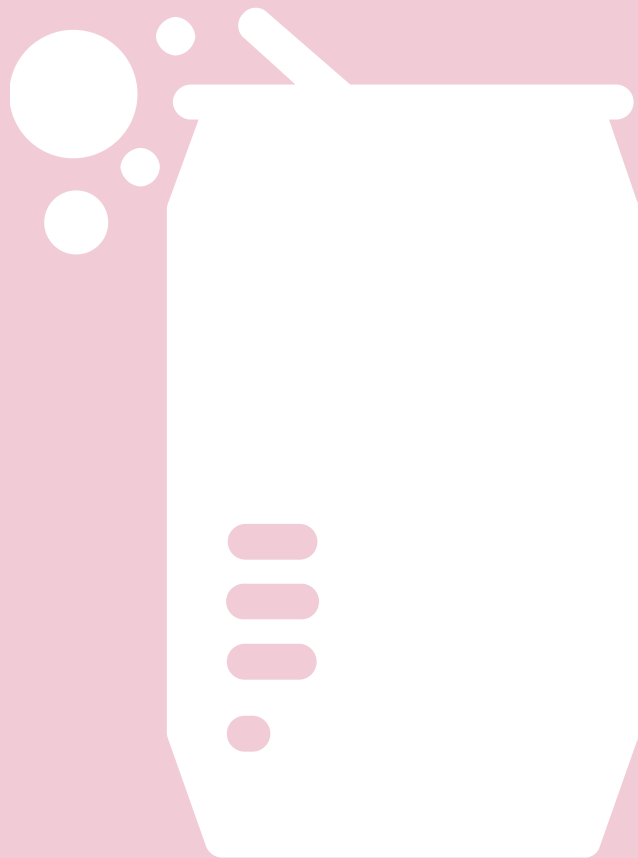
CRAFT COCKTAILS

- Vodka and soda
- Gin and bitters
- Tequila and fresh lime juice
- Whiskey and water



MARGARITAS

Best reserved for special occasions.



HARD SELTZERS

- **White Claw** (widely available)
- **Truly** (Blueberry Açaí for the win!)
- **Wild Basin Boozy Sparkling Water** (0g sugar, 1g carb, GF)
- **Bon & Viv Spiked Seltzer** (natural fruit and botanical flavor combos)
- **Flying Embers** (Organic, contains probiotics)



HIGH-CARB BEER

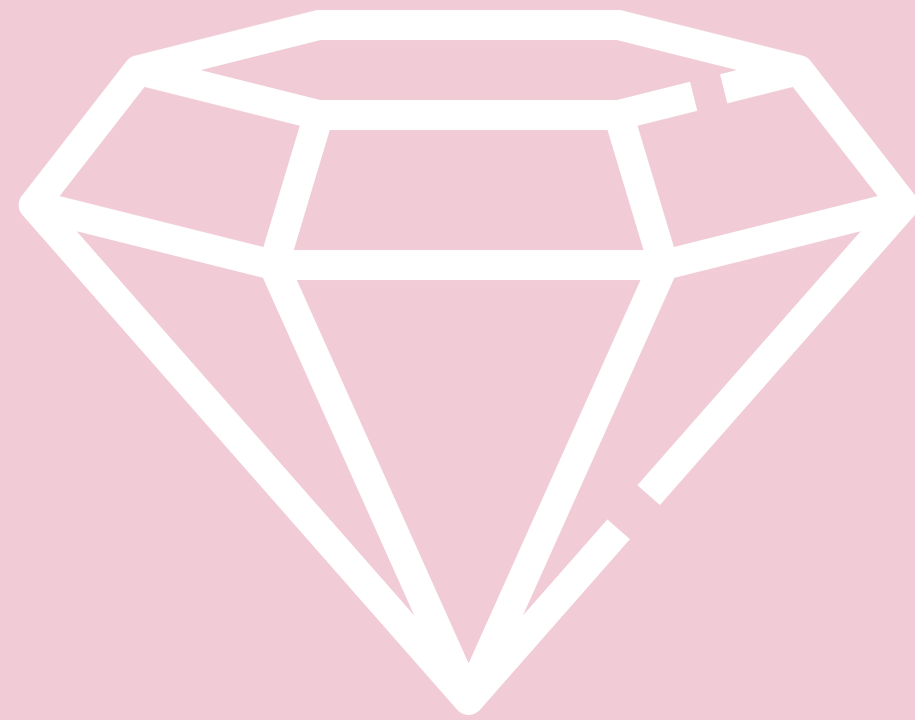
- **Budweiser** (11g carbs)
- **Heineken** (11g carbs)
- **Stella** (13g carbs)
- **New Castle** (13g carbs)
- **Corona** (14g carbs)
- **Guinness** (14g carbs)
- **Lagunitas IPA** (20g carbs)



LOW-CARB BEER

- **Bud Special Select 55** (1.9g carbs)
- **Corona Premier** (2.6g carbs)
- **Lagunitas DayTime IPA** (3g carbs)
- **Michelob Ultra** (2.6g carbs)
- **Miller Lite** (3.2g carbs)
- **Coors Lite** (5g carbs)

THE KETOGENIC DIET TENDS TO LOWER
THE BODIES TOLERANCE TO ALCOHOL.



ACTION STEP:

Consider forfeiting your greatest weakness

If drinking is your vice, consider challenging yourself. This could involve a sobriety challenge, or perhaps the forfeit of your greatest weakness.

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