# 28 BEST

## Cocktails, Wines & Beers

## for a Flat Belly


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# 28 BEST COCKTAILS, WINES & BEERS FOR A FLAT BELLY

We neither condemn nor condone moderate consumption of alcohol beverages. That said, there is evidence that moderate consumption of alcohol may be related to improvements in various biomarkers (e.g., markers of inflammation) and aspects of health (e.g., cardiovascular health, cognitive function, gut microbiota). On the other hand, excessive alcohol consumption has obvious, well-known detrimental effects on virtually every aspect of human health.

Alcohol is not only an addictive substance; it is a calorie-containing beverage (often high-calorie) that can interfere with metabolic function and cognitive processes. Moreover, when consumed excessively (i.e., intoxicating levels), alcohol can have a profound negative effect on an individual's ability to evaluate the costs and benefits of behaviors that affect body weight. For instance, excessive alcohol consumption typically leads to poor food choices, overeating, reduced physical activity and performance, and impaired sleep quality.[1]

Studies have shown that both the frequency (i.e., how often you drink) and intensity (i.e., how much you drink per episode) of alcohol consumption are related to increased body weight.[1–3] On the contrary, the evidence suggests that light-to-moderate alcohol intake, especially wine intake, may be more likely to protect against weight gain. What may be likely is that individuals who drink moderate amounts of alcohol may enjoy a healthier lifestyle in general that may protect them from weight gain.

With all that being said, if the goal is to maximize weight loss, it is best to avoid alcohol. However, when combined with an overall healthy lifestyle (including a healthy, whole foods diet, regular physical activity, social support, being outdoors, enjoying life,

properly managing stress, and getting plenty of purposeful rest and sleep), most people will still experience weight loss success with moderate consumption of alcohol, which may also have a beneficial effect on inflammation.

In one study, Harvard researchers found that moderate alcohol consumption was associated with lower levels of key markers of inflammation, including fibrinogen and TNF-R2. The researchers concluded that "moderate alcohol intake may have a beneficial effect on markers of inflammation."[4] What's more, researchers have found that moderate red wine consumption (1 – 2 glasses per day) decreases markers of inflammation, including C-Reactive Protein, and significantly increases the number of beneficial bacteria in the gut.[5]

There are numerous studies that suggest drinking alcohol in moderation benefits brain function, improves cognition, and reduces cognitive impairment. For instance, researchers from University College London in England assessed the effects of alcohol consumption on cognitive function amongst over 6,000 men and women from the United Kingdom as part of the Whitehall II study. The authors found that subjects who reported moderate alcohol consumption performed significantly better on tests of cognitive function compared to those who abstained.[6]

In a study published in the *American Journal of Epidemiology,* researchers from Boston University used data from the Framingham Heart Study, a large, prospective study of cardiovascular disease, to examine the relationship between alcohol consumption and cognitive ability amongst nearly 2,000 men and women. They found that subjects who drank moderately performed better than abstainers on various tests of cognitive function, including verbal memory, learning, visual organization and memory, attention, abstract reasoning, and concept formation.[7]

In another study that appeared in the prestigious *New England Journal of Medicine,* researchers evaluated the cognitive function of over 12,000 women aged 70 - 81 as part of the Nurses' Health Study. Again, the scientists found that moderate alcohol consumption (about one drink per day) does not impair cognitive function and may actually decrease the risk of cognitive decline. [8]

As you'll notice, there's quite a bit of evidence to suggest that moderate alcohol

consumption is associated with improved cognitive function and decreased likelihood of cognitive decline. Generally speaking, “moderate” consumption is defined as 1 – 2 drinks per day, with 1 drink being equivalent to:

- 12-ounce beer (5% ALC)
- 5-ounce glass of wine (12% ALC)
- 3-ounce fortified wine (e.g., sherry, port; 18% ALC)
- 1 ½-ounce liquor (e.g., vodka, whiskey; 40% ALC)

However, when alcohol consumption is excessive, problems arise. For starters, excessive alcohol consumption is the third leading cause of premature death in the United States (behind smoking and obesity).[9] Further, it’s generally accepted that drinking alcohol regularly in excess impairs cognitive function and leads to brain atrophy.[10] Additional studies on chronic excessive alcohol consumption have consistently shown brain atrophy (i.e., shrinking brain) among heavy drinkers.[11,12]

What’s more, drinking more than moderate levels of alcohol can result in oxidative stress, which contributes to accelerated aging at every level in the body.[13] Drinking alcohol in excess appears to increase the body’s production of pro-inflammatory molecules, according to researchers from the University of North Carolina.[14]

In a study published in the journal *Neurology,* researchers from the United Kingdom found that there was a dose-dependent response between alcohol consumption and cognitive function amongst men. Specifically, excessive alcohol consumption was associated with faster cognitive decline compared with light to moderate alcohol consumption.[15]

Even acute episodes of excessive alcohol consumption, also known as binge drinking, appear to have negative effects on cognitive and emotional functioning, including increased impulsivity, impairments in spatial memory, and impaired learning.[16]

Before diving into our list of cocktails, wines, and beers, there are a few general guidelines that we suggest and that you’ll see reiterated throughout:

- Moderation is key. Many alcoholic drinks are made with more than one shot of

liquor. All our recipes are limited to one shot per drink, and as mentioned above, one serving of wine is 5 ounces and one serving of beer is 12 ounces.

- Use only fresh-squeezed juices, and when those are unavailable, use 100% fruit juice with no sugar added. We have provided recommendations below.
- Opt for zero-calorie carbonated drinks like soda water, club soda, sparkling water, and naturally-sweetened sugar-free sodas instead of sugar-sweetened beverages.
- Use whole fruit instead of syrups whenever possible. Whole fruit provides fiber, vitamins, minerals, and antioxidant phytonutrients, which are the true "super powers" of fruits and vegetables.

## 1. Dry Red Wine

Over the last several years, the health benefits of moderate red wine consumption have become increasingly clear. Like many of the other dark, rich-colored fruits, red wine (i.e., grapes) is a rich source of antioxidant polyphenols (e.g., anthocyanins).[17] One of the best-known polyphenols found in red wine is resveratrol. A number of studies have demonstrated the anti-inflammatory activity of resveratrol and its ability to promote a healthy inflammatory response.[18]

Resveratrol has also been purported to prevent obesity, and several studies have demonstrated the anti-obesity super powers of this polyphenol. For instance, research has shown that resveratrol decreases the synthesis of fat and reduces the uptake of fat by the body's fat cells. In addition, resveratrol increases the body's ability to burn fat for fuel (in the muscles and liver).[19]

Interestingly, resveratrol has been shown to "brown" white adipose tissue (i.e., body fat), and along these lines, it also seems to increase metabolic rate and calorie expenditure via activation of brown adipose tissue (BAT) thermogenesis. Simply put, BAT is unique in that it burns body fat to produce heat (i.e., thermogenesis), and as a result, BAT thermogenesis is currently being investigated as an anti-obesity target.[20,21]

While resveratrol seems to be the most popular antioxidant associated with red wine, the beneficial effects of red wine cannot be solely accounted for by this polyphenol due to its low concentration and bioavailability.[22] In a recent study published in the journal *PLoS One,* researchers from Hungary demonstrated that malvidin, the most abundant anthocyanin polyphenol in red wine, possesses potent antioxidant and anti-inflammatory activity, and the effects of malvidin "at least partially account for the positive effects of moderate red wine consumption."[23]

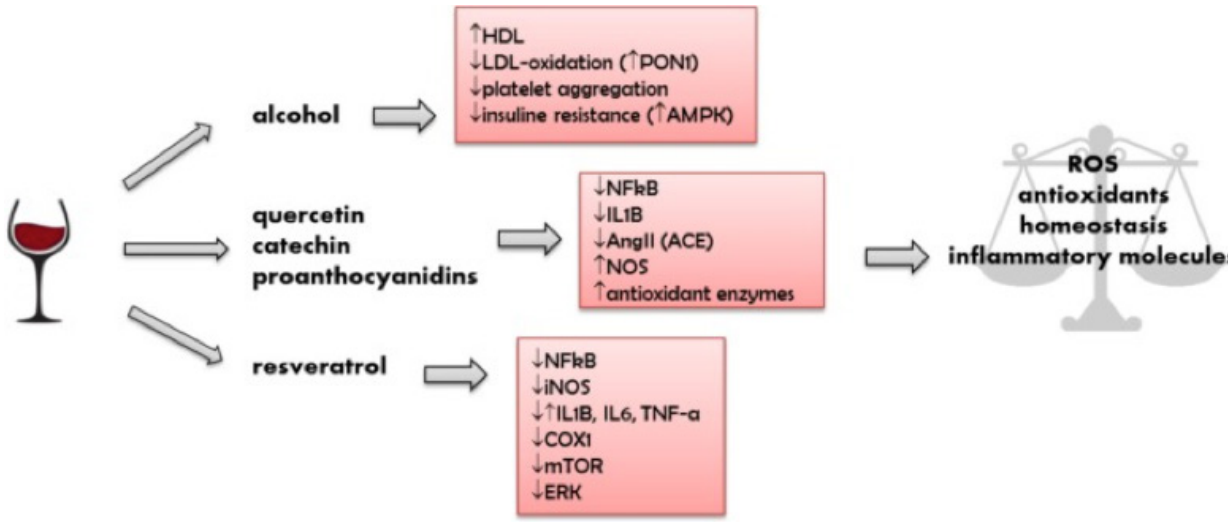
This is important to note because it highlights that a combination of red wine polyphenols—not a single compound—may be needed to derive the touted health benefits. Thus, moderate amounts of red wine—1 glass (i.e., 5 ounces) per day for women and 1 – 2 glasses per day for men—may be optimal.

Generally speaking, it's best to opt for dry red wines if you're watching your waistline because they are lowest in sugar and the most calorie-friendly. Popular varieties of dry red wine include:

- Cabernet Sauvignon
- Merlot
- Cabernet Franc
- Malbec
- Grenache
- Syrah
- Pinot Noir
- Zinfandel
- Sangiovese
- Tempranillo

If you like to drink wine and want to take the guesswork out of finding dry wines with low residual sugar, consider joining Dry Farm Wines, the only health-focused, organic wine club in the world. Dry Farm Wines ships a collage of different wines to your doorstep each month, all of which meet the following criteria:

- Sugar-free (< 1g per bottle)
- Mycotoxin/Mold-Free
- Organic or Biodynamic
- Wild Native Yeast
- Paleo-Friendly
- Mouthwateringly Delicious
- Low Sulfites (< 75ppm)
- No Additives
- Old Vines (35 – 100 years old)
- Small Productions
- Keto-Friendly
- Low Alcohol (< 12.5%)
- Dry-Farmed
- Hand-Harvested
- Gluten-Free
- Low-Carb-Friendly




Red wine constituents and their action on biological mechanisms. Phenolic compounds and alcohol obtained from light-to-moderate consumption of wine may balance organic functions related to homeostasis, inflammation, and oxidation, leading to benefits that may assist in the recovery of cardiovascular pathologies and other chronic diseases.[24]

## 2. Dry White Wine

Speaking generally, red wine contains about 10 times as many polyphenols, which are plant nutrients with antioxidant properties, than white wine.[24] While the amount of polyphenols may be lower in white wine (compared to red), according to a study conducted at the University of Barcelona, white wine phenols have a comparable or higher antioxidant capacity than red wine phenols.[25]

In addition, white wine may promote weight loss. In a randomized clinical trial published in the *International Journal of Obesity,* German researchers set out to assess whether daily consumption of moderate amounts of white wine influences the effectiveness of a calorie-restricted diet in overweight and obese participants. After 3 months following a reduced-calorie diet, participants who drank one glass of white wine per day lost 26% more weight than subjects who followed the same diet and substituted grape juice for white wine (same calorie content).[26] The study demonstrates that drinking moderate amounts of white wine doesn't inhibit weight loss; in fact, it suggests a slight improvement.

When it comes to choosing white wine, our suggestions are like those for red wine. Opt for dry white wines, which will typically contain less than 1 gram of sugar per glass. Generally speaking, Sauvignon Blanc and Chardonnay are the most common dry varietals. Pinot Gris, Pinot Grigio, and Viognier are often medium-dry, which means a slightly higher sugar content.

## 3. Sangria

Sangria is a Spanish punch that is traditionally made with red wine and chopped fruit, but many recipes also call for sugar-sweetened beverages like sodas, juices, and juice concentrates, as well as additional liquor (e.g., brandy, triple sec). Sangria is a great drink for a party or social gathering, and we've made a couple adjustments that we think make this a healthier option.

Here's what you'll need:

- 4 apples, cut into chunks
- 3 oranges, sliced
- 1 lb. red grapes, sliced in half
- 3 bottles dry red wine
- 2 cans of citrus-flavored sparkling water (e.g., lemon or lime LaCroix®)

Combine all the fruit into a large serving bowl or pitcher and muddle with a wooden spoon for a minute. Add the red wine and sparkling water and stir to incorporate. Add ice and stir once more to chill. Serve as is or with additional ice. Garnish with orange slices.

## 4. Champagne

Champagne may be an even more friendly weight loss option. Speaking generally, a glass of champagne is lower in calories than red wine, white wine, or beer. What's more, researchers from the University of Reading in England found that champagne may improve spatial memory (i.e., information about your environment).[27] Just like choosing a red and white wine, it's best to opt for dry champagne with low residual sugar, including Brut Natural, Extra Brut, and Brut.

## 5. Mimosa

There are few more appropriate synonyms with brunch than the mimosa, which is thought to be named after the yellow flowers from the *Acacia dealbata* tree, is believed to have been invented in the early 1900s by a gentleman named Frank Meier, who was an employee at the Hôtel Ritz Paris.[28]

The traditional recipe for the mimosa involves equal parts champagne and orange juice. Contemporary recipes often including liqueurs, which add both calories and sugar; we suggest omitting those additional ingredients. The only tweak to the traditional recipe that we suggest is using fresh-squeezed orange juice. You could even try fresh-squeezed grapefruit juice if you're feeling adventurous.

Here's all that you'll need:

- 2 ½ ounces Brut champagne or dry Prosecco, chilled
- 2 ½ ounces fresh-squeezed orange juice, chilled
- Soda water, optional

Pour sparkling wine and orange juice into a champagne flute. Add a splash of soda water, if desired.

## 6. Light Beer

Want to enjoy an ice-cold beer without worrying about the dreaded beer belly? Light beers, which are lowest in calories, alcohol, and carbohydrates, may be the best option. With that being said, because of their lower alcohol content—and lack of flavor—it's not uncommon for people to drink more light beers, which would negate any potential benefits. So, if you opt for a light beer, be mindful of your consumption and keep it moderate. Here are some of our top light beer recommendations:

- Michelob Ultra (95 calories, 2.6g carbs)
- Amstel Light (95 calories, 5g carbs)
- Miller Light (96 calories, 3.2g carbs)
- Budweiser Select (96 calories, 3.1g carbs)
- Yuengling Light Beer or Lager (99 calories, 8.5g carbs)
- Heineken Light (99 calories, 6.8g carbs)
- Corona Light (99 calories, 5g carbs)
- Coors Light (102 calories, 5g carbs)
- Bud Light (110 calories, 6.6g carbs)
- Sam Adams Light (119 calories, 9.7g carbs)
- Guinness Draught (126 calories, 10g carbs)

## 7. Hoppy Beer

If you're a bit more of a beer snob and think that drinking light beer is more like drinking lightly-flavored carbonated water, we have good news for you. You can still enjoy great-tasting craft beer without wrecking your body and destroying your waistline (i.e., beer belly). Even more, hop-heavy, flavorful beers may even possess some unique health benefits.

In a recent study published in the journal *Science,* a group of researchers led by Professor Jeroen Roes of the University of Leuven in Belgium discovered that beer intake had a key positive influence on the composition of the gut microbiota among a group of nearly 4,000 participants.[29] Like red wine, beer contains health-promoting polyphenols. For instance, xanthohumol, a compound from hops found in beer, has been shown to stimulate the growth of beneficial bacteria and inhibit pathogen bacteria, exerting prebiotic-like effects.[30–32]

Xanthohumol, the most abundant flavonoid in hops, has been shown to possess powerful antioxidant and anti-inflammatory activity. What's more, researchers from Tokyo have shown that xanthohumol inhibits fat gain and storage in mice.[33] Additionally, researchers from the Linus Pauling Institute at Oregon State University demonstrated that xanthohumol reduces body weight and improves carbohydrate metabolism in mice, leading them to conclude that "xanthohumol has beneficial effects on markers of metabolic syndrome."[34]

In addition, hops also contain a compound called isohumulones, which give beer its bitter taste. Research has shown that isohumulones possess a variety of health benefits, including improving carbohydrate management, cholesterol metabolism, and blood pressure. What's more, isohumulones have been shown to activate key receptors (i.e., PPAR) in the body that serve as "master regulators" of fat and carbohydrate metabolism. Along these lines, isohumulones have been shown to improve insulin sensitivity and promote carbohydrate tolerance.[35]

In a study published in the *International Journal of Obesity,* researchers from Japan found that supplementing a high-fat diet (specifically designed to lead to fat gain) with a hop extract rich in isohumulones significantly improved carbohydrate tolerance and reduced body weight in mice.[35] What about humans? Glad you asked.

In a randomized, double-blind, placebo-controlled study published in the journal *Clinical Nutrition,* Japanese researchers found that fasting blood sugar and body weight significantly decreased in human volunteers after 12 weeks of supplementation with isohumulones.[36]

Not surprisingly, "hoppy" beers tend to have the highest concentrations of these unique hop-derived compounds. For instance, craft beers tend to have about 7 – 20 times

more xanthohumol and 3 – 7 times more isohumulones than typical light beers.[37] With that being said, “hoppy” craft beers tend to also be substantially higher in calories and alcohol. In other words, there’s a fine line between health benefits and detriments.

Speaking generally, opting for “session” beers is a good option, as these are lower in calories and alcohol, as they are specifically made for drinking more beer over a longer period. Here’s a list of a few of our favorites:

- Stone Brewing Co. Levitation Ale (132 calories, 4.4% alcohol)
- Flying Dog Session IPA (141, 4.7% alcohol)
- Stone Brewing Co. Go to IPA (144 calories, 4.8% alcohol)
- Founders All Day IPA (147 calories, 4.7% alcohol)
- Sierra Nevada Pale Ale (175 calories, 5.6% alcohol)
- Deschutes Chainbreaker White IPA (180 calories, 5.6% alcohol)
- Flying Dog Snake Dog IPA (188 calories, 7.1% alcohol)
- Butte Creek Organic IPA (201 calories, 6.4% alcohol)

## 8. Dry Hard Cider

While beer has long held the position as the preferred alcoholic beverage, there’s been a surge in the market for hard apple cider in recent years. Compared to light beers, hard cider typically contains more calories and carbohydrates. Unlike beer, which is sugar-free (unless the brewer adds sugar), hard cider contains sugar—sometimes, a lot of it.

With that being said, hard cider is made with apples, which possess myriad health benefits, and as discussed previously, moderate consumption of alcohol (regardless of source) is associated with various health benefits as well. Plus, hard cider is darn refreshing. When choosing a hard cider, we recommend opting for dry cider, which is typically lower in sugar and calories. Here are a few of our favorites:

- Woodchuck Crisp Hard Cider (120 calories)
- Michelob Ultra Light Cider (120 calories)

- Magners Irish Cider (125 calories)
- Crispin Natural Hard Apple Cider (140 calories)
- Harpoon Cider (140 calories)
- Strongbow Cider (140 calories)
- Wyder's Apple Cider (150 calories)
- Samuel Smith Organic Cider (150 calories)
- Austin Eastciders Original Dry Cider (150 calories)
- Ace Apple Hard Cider (155 calories)

## 9. "Neat" or "On the Rocks" Liquor

Moving on from wine, beer, and cider, arguably the "healthiest" way to imbibe with liquor is to drink it "neat" (alone and meant to be sipped) or "on the rocks" (with a little ice). Most cocktails are made with mixers, sugar-sweetened beverages (e.g., soda, juice), and/or other liqueurs.

Drinking liquor neat or on the rocks is the most calorie-conscious. For instance, a typical shot of vodka, whiskey, gin, or tequila contains about 100 calories. Most drinks made with those liquors contain three or more times that many calories. Drinks ordered neat or on the rocks are typically made with a "double" (i.e., two shots of liquor). You're better off ordering a single to keep consumption moderate and calories to a minimum.

## 10. Margarita

Margarita…doesn't that just make your mouth water? While there's debate about the origin of the margarita, there's little debate that it is one of the most popular cocktails. Although the ratios are somewhat variable, the original margarita recipe includes 1 part tequila, ½ part orange liqueur (e.g., Cointreau), and ½ part fresh-squeezed lime juice.

Unfortunately, most present day preparations are made with mixers and syrups that are very calorie- and sugar-dense. Our

twist on this classic cocktail involves tequila and fresh-squeezed lime and orange (to replace the orange liqueur) juices, and if you prefer your margarita a little sweeter, we suggest using just a little bit of agave syrup.

Here's what you'll need:

- 1 ½ ounces tequila
- ¾ ounces fresh-squeezed lime juice
- ¾ ounces fresh-squeezed lemon or orange juice
- ½ tbsp agave syrup, optional
- Soda water

In a shaker filled with ice, combine tequila, lime juice, lemon/orange juice, and agave syrup. Strain into a margarita or rocks glass (salted rim optional) filled with ice and add a splash of soda water if desired.

## 11. Paloma

The paloma, which is Spanish for "dove," is a tequila-based cocktail typically mixed with a grapefruit soda. Instead of the sugar-sweetened soda that adds calories and sugar but not much in terms of nutrition, we suggest opting for fresh-squeezed grapefruit juice, which is a good source of vitamins and fat-fighting antioxidants.[38]

Here's what you'll need:

- 1 ½ ounces tequila
- ¼ cup fresh-squeezed grapefruit juice
- 1 tbsp fresh-squeezed lime juice
- 1 tsp honey or agave syrup (optional)
- Soda water

Fill a Highball glass (salted rim optional) with ice. Pour the grapefruit juice, lime juice,

and honey or agave syrup (if using) in the glass and combine. Add the tequila, stir well, and add a splash of soda water. Garnish with a slice of grapefruit.

## 12. Tequila Sunrise

Tequila sunrise, aptly named for its appearance, was first served at the Arizona Biltmore Hotel in the 1930s. The popular version of the drink is made with tequila, orange juice, and cherry syrup (i.e., grenadine). Our healthier, more calorie conscious version replaces store-bought orange juice with fresh-squeezed orange juice and a splash of cranberry juice in place of the grenadine.

Here's what you'll need:

- 1 ½ ounces tequila
- 3 ounces fresh-squeezed orange juice
- Splash of cranberry juice (100% juice, no added sugar)

Fill a Highball or Hurricane glass with ice, and add the tequila and fresh-squeezed orange juice. Stir to combine, and add a splash of cranberry juice on top.

## 13. Tom Collins

The traditional Tom Collins drink, a "gin and sparkling lemonade" drink that owes its name to a 19th century hoax, is made with simple syrup (i.e., sugar), and it is sometimes also made with a "mixer" instead of fresh lemon juice. We'll nix the simple syrup and use fresh lemon juice instead in our recipe. Here's what you'll need:

- 1 ½ ounces gin
- 1 ½ ounces fresh-squeezed lemon juice
- Soda water (club soda or sparkling water can also be used)

In a shaker filled with ice, combine gin and lemon juice. Strain into a Highball glass (i.e.,

Collins glass) filled with ice and top with soda water. If you prefer a sweeter drink, you can add a little bit of honey or agave syrup to the shaker with the gin and lemon juice.

## 14. Vodka Soda

This simple drink is calorie-conscious and a favorite among health and fitness enthusiasts. It's essentially vodka on the rocks with the addition of soda water.

Here's what you'll need:

- 1 ½ ounces vodka
- Juice of one lemon or lime and one wedge/slice for garnish
- Soda water

Fill a rocks or Collins glass with ice. Add vodka, lemon/lime juice, and soda water, and stir until combined. Garnish with wedge/slice of lemon or lime.

## 15. Salty Dog

The Salty Dog, named such because it's a Greyhound drink with the addition of salt on the rim of the glass, is simply gin with grapefruit juice. Some people prefer substituting vodka for gin. We recommend using fresh-squeezed grapefruit juice.

Here's what you'll need:

- 1 ½ ounces gin (vodka can be substituted, if preferred)
- 3 – 4 ounces of fresh-squeezed grapefruit juice
- 1 grapefruit wedge
- Coarse salt

Pour coarse salt onto a plate. Moisten the rim of a Highball or rocks glass with the grapefruit wedge. Gently dip the rim of the glass into the salt on the plate. Add the

gin (or vodka) to the glass and then pour in the grapefruit juice. Stir to combine. Traditionally, the Salty Dog is served “neat” (i.e., no ice), but if preferred, it can be served “on the rocks” (i.e., with ice).

## 16. Bloody Mary

Like many cocktails, the origins of the Bloody Mary are frequently disputed. That aside, the Bloody Mary is one of the most well-known classic cocktails, and like the mimosa, it’s a favorite of brunch goers everywhere. Although there are variations, the classic Bloody Mary recipe includes vodka, tomato juice, lemon juice, and an array of spices.

Contemporary preparations of the Bloody Mary, however, typically involve sugar-sweetened pseudo tomato juice mixers. We suggest opting for organic no sugar-added tomato juice, fresh-squeezed lemon juice, and spices.

Here’s what you’ll need:

- ¾ cup organic, no sugar-added, low-sodium tomato juice (e.g., Lakewood®, Knudsen®)
- Juice of ½ lemon and one lemon wedge for garnish
- Hot sauce (e.g., Frank’s RedHot®)
- Worcestershire sauce
- Fresh ground pepper
- 1 ½ ounces vodka
- 1 celery stalk for garnish

In a shaker filled with ice, combine tomato juice, lemon juice, a dash of hot sauce, a dash of Worcestershire sauce, fresh ground pepper to taste, and vodka. Strain over a pint glass filled with ice and garnish with a lemon wedge and celery stalk.

# 17. Drunken Arnold Palmer

Arnold Palmer, nicknamed “The King,” was one of golf’s most popular stars and the sport’s most important trailblazer—the first superstar of golf’s television age, which began in the 1950s. It’s argued that Arnie’s impact on the game of golf was unrivaled among fellow professionals, as he played a tremendous role in shifting the perception of the game from a wealthy, upper class leisure activity to a popular sport among all classes of men and women.

“No one did more to popularize the sport than Palmer,” according to Adam Schupak of *Golf Week.* “His dashing presence singlehandedly took golf out of the country clubs and into the mainstream. Quite simply, he made golf cool.”[39]

Arnie’s career spanned over six decades, and from a period between 1955 and 1973, Palmer won 62 PGA Tour titles, a feat only accomplished by two other golfers (Sam Snead, Ben Hogan) at the time. Palmer still ranks 5th on the PGA Tour’s all-time win list. He won the Masters Tournament 4 times, and over a period of 6 years, he won 7 major championships.

In September 2016, we lost this American icon, and fellow golf superstar Jack Nicklaus had this to say, “Arnold transcended the game of golf. He was more than a golfer or even great golfer. He was an icon. He was a legend. Arnold was someone who was a pioneer in his sport. He took the game from one level to a higher level, virtually by himself.”[39]

In addition to popularizing the game of golf, Arnold’s favorite drink—iced tea with lemonade—became mainstream when a woman overheard Palmer order the drink at the bar during the 1960 US Open. She asked the bartender for “the Palmer drink,” and the rest is history.

The “Drunken Arnold Palmer”—also known as the “John Daly,” a tongue-in-cheek nod to another American golfer who was known as much for affinity for imbibing as his golf—

adds vodka to the classic Arnold Palmer drink. Instead of using sweetened tea and sugar-sweetened lemonade, we suggest using fresh-brewed, unsweetened iced tea and fresh-squeezed lemon juice with a dash of honey.

Here's what you'll need:

- ¾ cup fresh-brewed iced tea (no sugar added)
- Juice of 1 lemon (fresh-squeezed)
- 1 tsp honey
- 1 ½ ounces vodka

In a shaker filled with ice, combine iced tea, lemon juice, honey, and vodka. Strain into a Highball or pint glass filled with ice. Garnish with a lemon wedge. You can use any type of tea (e.g., black, green, oolong, white), although black tea is traditionally used.

## 18. Martini

Although its origins are uncertain, the Martini is one of the best-known cocktails. It has been called the "elixir of quietude" and "the only American invention as perfect as the sonnet."[40] Of course, many remember when the fictional movie character James Bond ordered his vodka Martini "shaken, not stirred."

There are several variations to the Martini, but a foundation for most classical recipes is the combination of gin and dry vermouth, a type of fortified white wine. Like a drink ordered neat or on the rocks, a typical Martini includes two or more shots of liquor. The primary tweak that we recommend is using a single shot of gin—although vodka can be substituted if you prefer.

Here's what you'll need:

- 1 ½ ounces gin (vodka can be substituted)
- ½ ounce dry vermouth (can be omitted)

In a mixing glass or shaker glass filled with ice, combine gin and vermouth. Stir well and strain into a chilled martini glass. Garnish with a green olive and lemon twist. Alternatively, you can “wash” the martini glass with the vermouth first, swirling then dumping the vermouth before adding the gin stirred with ice. Now, if you like your martini “dirty” like Franklin D. Roosevelt, then you can add a splash of olive juice as well.

## 19. Cosmopolitan

Like most cocktails, the origin of the Cosmopolitan, or Cosmo, is disputed. While the Cosmopolitan didn’t become popularized until late in the 20th century, mixologists had created something similar as early as the 1930s. The Cosmo’s popularity peaked in the 90s when the women starring in the popular TV show *Sex and the City* commonly ordered the drink.

Regardless, the Cosmo is typically a mixture of citrus-flavored vodka, orange liqueur (triple sec), cranberry juice, and lime juice. Like all our recipes, we suggest using fresh-squeezed lime juice and 100% cranberry juice with no added sugar. We also suggest omitting the triple sec to reduce the number of calories and sugar.

Here’s what you’ll need:

- 1 ½ ounces vodka (a citrus-flavored vodka works best)
- Juice of 1 lime (fresh-squeezed) and one lime wedge for garnish
- Splash cranberry juice (100% juice, no sugar added)
- Soda water

In a shaker filled with ice, combine vodka, lime juice, and cranberry juice. Strain into a chilled martini glass, add a splash of soda water, and garnish with lime wedge.

## 20. Lemon Drop

The Lemon Drop is a twist (no pun intended) on the vodka Martini. It combines sour and sweet tastes, and many describe it as tasting like a lemon candy; it is typically made with vodka, lemon juice, triple sec, and simple syrup. It is thought to have originated in the 1970s in San Francisco.

We suggest omitting the triple sec and simple syrup to limit the number of calories and sugar content of the drink. To give it a little sweetness, we suggest using a bit of agave syrup or some liquid Stevia.

Here's what you'll need:

- 1 ½ ounces vodka (citrus-flavored vodka works best)
- 1 ½ ounces fresh-squeezed lemon juice
- 1 tsp agave syrup (liquid Stevia can also be used)
- Soda water

In a shaker filled with ice, combine vodka, lemon juice, and agave syrup (or liquid Stevia). Strain into a chilled martini glass, add a splash of soda water, and garnish with a lemon twist.

## 21. Screwdriver

The Screwdriver is a popular cocktail that combines vodka with orange juice, although it has many variations. Some believe that it was invented and popularized by American aviators. Like all our recommendations, we suggest swapping the typical sugar-sweetened commercial orange juice with the fresh-squeezed juice of an orange.

Here's what you'll need:

- 1 ½ ounces vodka
- 3 ounces fresh-squeezed orange juice
- Soda water

Fill a Highball glass with ice. Combine vodka and orange juice in the glass and stir well. Top with soda water.

## 22. Fuzzy Navel

They original Fuzzy Navel is made with peach schnapps (fuzzy) and orange juice (navel). We suggest subbing a peach-flavored vodka for the peach schnapps, which has a higher sugar and lower alcohol content, and using fresh-squeezed orange juice.

Here's what you'll need:

- 1 ½ ounces peach-flavored vodka
- 3 ounces fresh-squeezed orange juice

Combine vodka and orange in a Highball glass filled with ice. Stir to combine. Garnish with an orange slice.

## 23. Mojito

The Mojito is a traditional Cuban drink, originating as early as the 16th century in Havana. The traditional recipe combines white rum, fresh lime juice, mint, sugar, and soda water to make this refreshing cocktail. We suggest replacing the sugar with a bit of honey, agave, or liquid Stevia, and we also recommend dialing back the amount of rum to one shot.

Here's what you'll need:

- 1 ½ ounces light rum
- Juice of half a lime
- 1 tsp honey or agave syrup (or liquid Stevia to taste)
- 1 handful fresh mint leaves (about 10 – 12 leaves)
- Soda water

In a Collins glass, muddle the mint leaves, the juice of the lime, and the honey or agave syrup. Add ice to your preference, and then add the rum and soda water. Garnish with a wedge or slice of lime.

## 24. Rum Punch

Have you been longing for a Caribbean vacation? This fruity, refreshing drink along with a great imagination can help take you there. There are several variations of Rum Punch, most combining rum (some include dark, light, and coconut rums) and various fruit juices (e.g., orange, pineapple, etc.), and cherry grenadine.

A more calorie-conscious, waistline-friendly version of Rum Punch may include a bit less rum and moderate amounts of fresh juices.

Here's what you'll need:

- ½ cup fresh-squeezed orange juice
- ½ cup 100% pineapple juice (e.g., Lakewood®, Knudsen®)
- 1 ½ ounces light rum

In a shaker filled with ice, combine orange juice, pineapple juice, and rum. Strain over a Highball or pint glass filled with ice, put on some shades, and bask in the sun.

## 25. Piña Colada

The Piña Colada, the national drink of Puerto Rico since 1978, is a sweet cocktail combining rum, coconut cream, and pineapple juice. The name Piña Colada means “strained pineapple,” which is a reference to how the drink was initially made (i.e., with fresh-pressed pineapple juice).

As you can imagine, the standard version can be both high in calories and sugar. Instead of pineapple juice, we suggest using fresh-cut pineapple, and you can also substitute a lighter coconut milk for the more calorie-dense coconut cream.

Here’s what you’ll need:

- ½ cup ice
- ½ cup coconut milk
- ¼ cup fresh pineapple chunks (no syrup, no added sugar, etc.)
- 1 ½ ounces white rum

In a blender, combine all the ingredients and blend until combined.

## 26. Hot Toddy

There are several variations of the Hot Toddy, but most combine hot water with liquor (usually whiskey), fresh lemon juice, and honey. It’s typically considered a relaxing night-time drink, and many suggest that the Hot Toddy can help relieve symptoms of the cold and flu. In fact, this is an elixir that many a grandmother recommended as a cold remedy.

Here’s what you’ll need:

- Boiling water

- 1 ½ ounces fresh-squeezed lemon juice
- ½ tbsp honey
- 1 ½ ounces bourbon

Boil water and pour into a cup/mug with a handle until about ¾ full. Add the lemon juice, honey, and bourbon and stir until combined.

## 27. Irish Coffee

As the name implies, Irish Coffee is a coffee drink with the addition of Irish whiskey, as well as a bit of cream and sugar. It's said that an Irish chef first served Irish Coffee to a group of Americans on a brutal winter evening in the 1940s, adding the whiskey to help warm the folks who were traveling by boat. Instead of using white or brown sugar (like the original recipe calls for), we suggest using a bit of Stevia or honey.

Here's what you'll need:

- 1 cup hot coffee
- 1 ½ ounces Irish whiskey (e.g., Jameson®)
- 1 tbsp milk or cream
- Honey or Stevia, optional

In a cup or mug with a handle, combine whiskey, coffee, and dash of honey or liquid Stevia, if using. Pour milk or cream on top.

## 28. Moscow Mule

When it comes to the Moscow Mule, there are many recipe variations. However, there is one critical constant: The copper mug. Traditionally, the Moscow Mule is a combination of vodka, ginger beer, and lime juice. We suggest dialing back the vodka to one shot, and we also like substituting a

zero-calorie ginger ale for the high-calorie ginger beer. Further, we like to add a little bit of fresh ginger and mint, which add flavor and provide myriad health benefits.

Here's what you'll need:

- 1 ½ ounces vodka
- 4 ounces zero-calorie Stevia-sweetened ginger ale (e.g., Zevia™)
- ½ ounce fresh-squeezed lime juice
- ½ inch ginger, sliced
- ¼ cup fresh mint leaves

Add ginger and mint to a copper mug and muddle/crush them with a wooden spoon or pestle. Add ice, vodka, lime juice, and ginger ale and stir to combine.

Cheers!

There is evidence that moderate consumption of alcohol may be related to improvements in various biomarkers (e.g., markers of inflammation) and aspects of health (e.g., cardiovascular health, cognitive function, gut microbiota). On the other hand, excessive alcohol consumption has obvious, well-known detrimental effects on virtually every aspect of human health.

Remember, alcohol is not only an addictive substance; it is a calorie-containing beverage (often high-calorie) that can interfere with metabolic function and cognitive processes. Moreover, when consumed excessively (i.e., intoxicating levels), alcohol can have a profound negative effect on an individual's ability to evaluate the costs and benefits of behaviors that affect body weight. For instance, excessive alcohol consumption typically leads to poor food choices, overeating, reduced physical activity and performance, and impaired sleep quality.

Studies have shown that both the frequency (i.e., how often you drink) and intensity (i.e., how much you drink per episode) of alcohol consumption are related to increased body weight. On the contrary, the evidence suggests that light-to-moderate alcohol intake, especially wine intake, may be more likely to protect against weight gain. What may be likely is that individuals who drink moderate amounts of alcohol may enjoy a

healthier lifestyle in general that may protect them from weight gain.

With all that being said, if the goal is to maximize weight loss, it may be best to avoid alcohol. However, when combined with an overall healthy lifestyle (including a healthy, whole foods diet, regular physical activity, social support, being outdoors, enjoying life, properly managing stress, and getting plenty of purposeful rest and sleep), most people will still experience weight loss success with moderate consumption of alcohol.

Generally speaking, “moderate” consumption is defined as 1 – 2 drinks per day, with 1 drink being equivalent to:

- 12-ounce beer (5% ALC)
- 5-ounce glass of wine (12% ALC)
- 3-ounce fortified wine (e.g., sherry, port; 18% ALC)
- 1 ½-ounce liquor (e.g., vodka, whiskey; 40% ALC)

In addition to moderating portion sizes and frequency of drinking, we have made several other suggestions to make enjoying alcohol part of a healthier lifestyle, including using fresh fruit and fresh-squeezed juices (instead of syrups and sugar-sweetened juices) and zero-calorie mixers (in place of sugar-sweetened beverages). We hope that you enjoy these recipes, and when you do, we hope that you enjoy them with friends and family. Positive social support is an important part of an overall healthy lifestyle, and it can also play a key role in weight management.[41]

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