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# Weight Loss And Alcohol

Probably there are less dieting plans that allow drinking wine. As well according to the official guidelines pointing out that a woman should drink not more than 1 or 2 and a man should drink not more than 2 or 3 glasses of alcoholic drinks during the day. On the other hand let's think about France - in some regions of France and in some other Mediterranean countries people drink half a liter of wine during the lunch, half of a liter of wine at dinner, consume meals with lots of saturated fat and hardly suffer from different heart problems or any other blood-vessel related illnesses. Of course there are more specific details about Mediterranean dieting plans than just drinking wine. For example, using the more olive oil in comparison with other world cuisines. And probably the use of some specific vegetables and fruits is the reason why these people live healthier. Drinking alcohol as well as easier associated with the beer belly and being fat. On the contrary, the majority of alcoholics are not fat.

So, does the alcohol make you fat or not? After long studies we are aware that eating lots of cheese, fish, meat, eggs and so on does not have to make you fat as long as you do not combine it with some certain foods. Atkins is considered to be the most common dieting plan that is based on this knowledge. Also, eating lots of flour, pasta, bread and so on does not make you fat in the case you do not combine it with the some certain types of the fatty food components. The examples of it could be some bread dieting plans. As well there are the fullness factor and fiber foods. Some types of the food cannot be digested by the enzymes in your stomach or bowels, so that you can eat of these as much as you want while continuing losing the weight. And consuming the food with the high fullness factor makes people feel satiated, so that they consume less than normal and lose the weight.

In dietetics we are learning more and more about how to eat and what to eat. But about drinking wine there is not a lot of information. It shows that in the case the alcoholic drinks are not eaten with very fatty foods as any meat dishes and cheese they could be taken without gaining weight at all. Drinking beer, wine or any other alcoholic beverages make the person gain the weight only in the case they are accompanied by high fat snacks, pretzels or any other unwanted food. So, in the case you are going to lose the weight it is not obvious to exclude the alcohol from your ration. You just do not have to accompany it with fatty food.

Is it realistic to [lose 10 pounds](#)? Well, in the age which is close to investing artificial intelligence most likely the answer should be, "Surely it is possible to [lose 10 pounds](#)!" But this is not so simple, especially if we are talking about to [lose 10 pounds](#) permanently.

That is why if you are properly armed with the information in your topic you can rest assured that you will always find the solution to any bad situation.

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