

Do you habitually drink alcohol?



Not every day, about once every two days.



**NG**

I don't drink every day, so it's a mistake to think I don't drink habitually



Is it important to adhere to an alcohol content of 20g?

In the case of individuals with normal alcohol metabolism, the recommended daily average pure alcohol intake by the Ministry of Health, Labour and Welfare in Japan is 20g.

Even if you do not consume alcohol regularly, if the alcohol intake during social gatherings, such as drinking parties, reaches 20g, there is a risk of alcohol-induced impairment in mental and motor functions, leading to an increased risk of accidents and injuries.

Alcohol Dependency Check

<http://alcoholic-navi.jp/checksheet/>

The term "**habitual drinking**" refers to consuming alcohol three or more days per week, with an intake of 20 grams or more per day.

20 grams of alcohol is approximately equivalent to how much in terms of specific types of alcoholic beverages? (180ml= Amount of alcohol 20g)

<p><b>Sake</b> Alcohol percentage : 15% Quantity : 180ml</p>	<p><b>Beer</b> Alcohol percentage : 5% Quantity : 500ml</p>	<p><b>Shochu</b> Alcohol percentage : 25% Quantity : 110ml</p>
<p><b>Wine</b> Alcohol percentage : 14% Quantity : 180ml</p>	<p><b>whisky</b> Alcohol percentage : 43% Quantity : 60ml</p>	<p><b>Canned fruit cocktail</b> Alcohol percentage : 5% Quantity : 500ml Alcohol percentage : 7% Quantity : 350ml Alcohol percentage : 9% Quantity : 280ml</p>

Let's calculate the amount of alcohol (in grams).

$$\text{Amount of alcohol (ml)} \times [\text{Alcohol content (\%)} \div 100] \times 0.8^*$$

ex : A bottle of beer(500ml), alcohol content 5%  
 $500 \text{ (ml)} \times [5 \text{ (\%)} \div 100] \times 0.8 = 20 \text{ (g)}$

\*Density of alcohol

Alcohol consumption that increases the risk of lifestyle diseases.

Male : Over 40 g      Female : Over 20 g



The impact of alcohol on health and the ability to metabolize alcohol vary depending on factors such as gender, age, and constitution.

Assessment of drinking patterns	Average daily pure alcohol intake				
	20g	20~40g	40~60g	60~100g	100g
Everyday					
5-6 times a week					People who consume an amount that increases the risk of lifestyle diseases
3-4 times a week					
1-2 times a week					
1-3 times a month					
Frequency of drinking					

厚生労働省：あなたが決める、お酒のたしなみ方2023年8月版

If your drinking situation corresponds to the red category in the table above, you are consuming an amount that increases the risk of lifestyle diseases. Please reconsider your drinking habits.

Drinking one 350ml can with an alcohol content of 9% results in an alcohol intake of 25.2 grams, is that correct?



If you want to limit the alcohol intake to 20 grams, you shouldn't consume a 350ml can in one go.



any products with a 9% alcohol content are sold in 500ml quantities.



Let's split it in half for the two of us.

Factors affecting alcohol metabolism.	Fast	Male	Larger body	Adult (Peak in 30s)	My face turns red	When awake	After a meal
	Slow	Female	Smaller body	Elderly	Doesn't turn red	When sleeping	Hungry

警視庁HP：安全運転管理者の業務の拡充等「安全運転管理者制度の概要」

Things to avoid when drinking alcohol

- Driving
- Bathing
- Operating machinery
- Taking care of someone
- Engaging in tasks that require dangerous skills
- Exercising



I'm home! Is the bathwater heating up?

Businesses that use automobiles, please be cautious!

For a certain number of automobiles or more, the users of each workplace using automobiles must appoint a 'Safety Driving Manager' as someone responsible for tasks necessary for the safe operation of the vehicles.

Certain number of units requirement



One or more vehicles with a seating capacity of 11 people or more

OR



five or more other vehicles  
For motorcycles, each unit is counted as 0.5 units.

Since December 2023, alcohol detection using breathalyzers by 'Safety Driving Managers' has been mandated.

### Alcohol Energy (Calories)

Alcohol itself is relatively high in calories, but it is referred to as 'empty calories' because it cannot be stored in the body. This term is used for substances that are low in essential nutrients such as fats, sugars, vitamins, and minerals.



For dinner, beef bowl (regular size) is 733 kcal, 350ml beer (2 cans) is 140 kcal, and potato chips as a snack are 336 kcal. With just these, the total intake is 1349 kcal. The bowl dish has a large amount of rice, and snacks also contribute to carbohydrate intake.

It's quite a calorie and carbohydrate intake, isn't it? Since alcohol goes down easily, we need to be careful about the snacks.

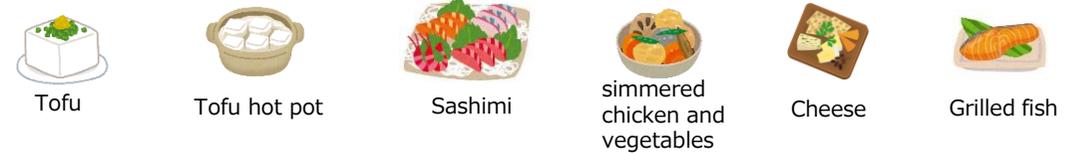
Tends to overeat. Snacks consumed while drinking.

#### ① Order a variety of vegetable dishes first



It seems like a strategy to start by taking vegetables first and filling up the stomach. It can also help control the rise in blood sugar levels.

#### ② Order dishes that are low in fat, and also nutritionally rich



#### ③ Avoid ordering items that seem high in calories or carbohydrates

##### "Chicken confrontation"



Grilled chicken vs Fried chicken

Grilled chicken allows for reducing calories since a small amount of oil is used.

Fried chicken coated with wheat flour batter, absorbs oil, resulting in higher calorie and carbohydrate content.

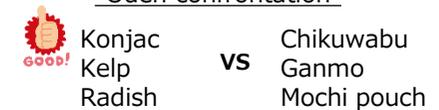
##### 餃子対決



Steamed dumplings 5 pieces 170kcal vs Pan-fried dumplings 5 pieces 240kcal

Boiled dumplings allow excess fat from the meat to drain, while pan-fried dumplings, cooked with oil, tend to be higher in calories. Pay attention to the cooking method.

##### "Oden confrontation"



Konjac Kelp Radish vs Chikuwabu Ganmo Mochi pouch

We have a higher carbohydrate content because our main ingredient is wheat.

### Will I not gain weight with zero-carb beer or highball?

Zero-carb beer, shochu, and whiskey have no carbohydrates, so they are less likely to cause weight gain compared to sake, beer, or wine. However, are you drinking them excessively with a sense of security? It all comes down to the amount consumed, as alcohol itself also contains calories.

### Pay attention to daily calorie intake

I : low II : moderate III : high

Gender	Male			Female		
	I	II	III	I	II	III
Physical activity						
18-29 years old	2,300	2,650	3,050	1,700	2,000	2,300
30-49 years old	2,300	2,700	3,050	1,750	2,050	2,350
50-64 years old	2,200	2,600	2,950	1,650	1,950	2,250

厚生労働省「日本人の食事摂取基準（2020年度版）」より抜粋

Drinking increases appetite. It's an enemy for those striving to lose weight.

Rather than saying 'You should restrict your alcohol and food intake because it causes weight gain,' I want you to be aware that gaining weight increases the risk of illness (lifestyle diseases).

Lifestyle diseases refer to a group of illnesses in which lifestyle habits such as diet, exercise, rest, smoking, and alcohol consumption serve as contributing factors to the onset of the condition.

	Non-smoking	Healthy diet	Increased physical activity	Reduced alcohol consumption that elevates risks
Cancer	○	○	○	○
Cardiovascular diseases	○	○	○	○
Diabetes	○	○	○	○
COPD	○	○	○	○

Reducing alcohol intake leads to a reduction in the risk of various diseases.

厚生労働省 e-ヘルスネット「生活習慣病」の定義、範囲及び「成人病」との関係



### Look !

In March 2021, the second-phase Basic Plan for Promoting Alcohol Health Disorders was formulated, and major alcoholic beverage companies have adopted the 'g' labeling for alcohol content.

### Alcohol consumption affects not only the liver but also every organ in the body.

厚生労働省：あなたが決める、お酒のたしなみ方2023年8月版

