What’s Moderate Drinking?

- Women: No more than 1 drink/day
- Men: No more than 2 drinks/day

Count as a drink…………

12 fl oz beer

5 fl oz wine
   (10 fl oz wine cooler)

3 ½ oz dessert wine

1 ½ fl oz gin, rum, whiskey

1 mixed drink
Beginning fast:
- glucose from liver glycogen & fatty acids
- ↓ blood glucose promotes fat breakdown
- 24 hrs, glycogen stores exhausted
- muscle protein breaks down

First days: body proteins yield 90% needed glucose (10% from glycerol)

As fast continues, protein is spared, fat fuels the brain with ketone bodies produced from incomplete oxidation of fat.

After 10 days, ketones providing most energy but still need glucose. Ketosis occurs.
Effects of ketosis are serious.

1. Loss of appetite
2. Slowed metabolism
   - Reduced energy output (loss of muscle mass, less energy used)
   - Reduction in fat loss (conservation)
3. Wasting occurs (less muscle)
4. Lower body temperature
5. Acetone breath
6. Ketones in the urine
7. Lower resistance to infection.

Effects: pH of the blood drops; blood chemistry goes awry.