

Alcohol & Health

What is it??

- Ethynol / Ethyl alcohol
- Fermentation process
- NO NUTRITIONAL VALUE
 - Empty calories

Alcohol Concentration

- $2 \times \text{alcohol content} = \text{PROOF}$
- 12oz beer = 4% alcohol = 8 proof
- 4oz wine = 12% alcohol = 24 proof
- 1oz liquor = 45% alcohol = 90 proof
- Grain alcohol = 90% alcohol = 180 proof