



# ALCOHOL AND ATHLETIC PERFORMANCE

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"Collegiate student-athletes have been found to drink more and do so more often than the general collegiate student population"<sup>1</sup>



An over consumption of alcohol can lead to vitamin and mineral deficiencies such as calcium, magnesium, iron, zinc, and B vitamins. (which are all crucial to athletic performance)



Alcohol can interfere with athletic goals in terms of performance, recovery, and health management<sup>2</sup>



## DID YOU KNOW?



## TIPS

### SERVING SIZES



Beer: 1 drink is 12oz = 150 calories<sup>3</sup>



Liquor: 1 drink is 1.5oz = 100 calories<sup>3</sup>



Wine: 1 drink is 5oz = 100 calories<sup>3</sup>

### IF YOU'RE GOING TO DRINK, DO IT RIGHT!



Fully rehydrate post exercise before considering drinking alcohol<sup>3</sup>



"Having food in your system slows down the rate at which alcohol can be absorbed into the blood stream"<sup>4</sup>



Pace yourself, take small sips, drink slowly, put your glass down between sips<sup>4</sup>

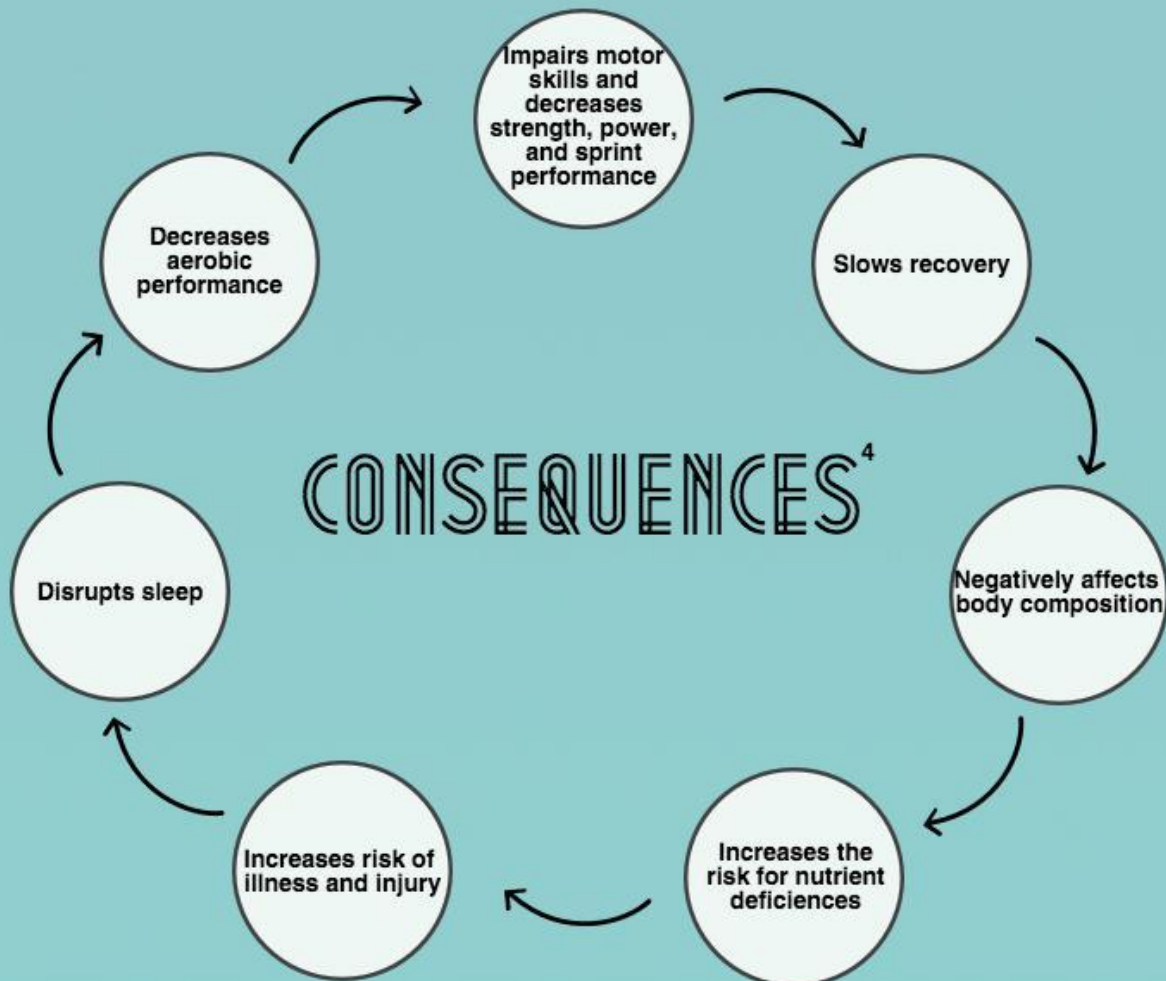
# STATISTICS ABOUT ATHLETIC PERFORMANCE

"Those student athletes with the heaviest drinking patterns are 6.15 times more likely to experience unintentional alcohol related injuries" <sup>5</sup>



"Heavy drinking can result in a "hangover effect" which may reduce athletic performance by 11.4%" <sup>5</sup>

Alcohol can lead to rapid dehydration. Side effects can set in with a water weight loss of as little as 2-3% of total body weight. <sup>1</sup>



Do you have a nutrition question? Need a customized meal plan to optimize your athletic performance?

Visit Sports Performance Nutrition Services  
Memorial Field House, Room G-21

To set up an appointment, contact Cassie Smolic: [C.E.Smolice@iu.edu](mailto:C.E.Smolice@iu.edu) or (724) 357- 3094



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5.) Bruce, S. Best practices to address student-athlete alcohol abuse. NCAA.org Website. <http://www.ncaa.org/health-and-safety/sport-science-institute/best-practices-address-student-athlete-alcohol-abuse>. Accessed January 11, 2017.