

# Comments Summary Report

*Submission Date Between 10/29/2009 and 04/07/2010*

**Key Topic: Alcoholic Beverages**

**Comment ID:** 000784

**Submission Date:** 12/29/2009

**Organization Type:** Nonprofit/Voluntary

**Organization Name:** Student

**First Name:**

**Last Name:**

**Job Title:** Student - Health Education

**Key Topic:** Alcoholic Beverages

**Sub Topic:**

**Attachment:** N

**Comment:** You can still lose weight/be healthy and drink more than ONE drink on occasion (as long as you continue to work out).

We all know the answer is moderation when it comes to alcohol. Moderation means one glass of 3.5 oz. of wine a day, or a 12 oz. beer, or one martini-like cocktail.

My comment, however, is for those that want to drink more than one glass/drink a day when occasion calls for it, that it might in fact be ok (research only based on my diet and others). Those occasions might include weddings, birthday celebrations, or occasional holiday parties.

I believe that people either drink WAY too much or do not drink at all when they are trying to figure out a diet and fall off the wagon only to drink excessively again. They learn that moderation is only one drink a day, and they write it off completely thinking they are not healthy if they have one or two more drinks.

A healthy lifestyle could include drinking more than one drink (up to 4 or 5) in one night only 1 to 2 times a month. Not everyday and definitely not every weekend!!!! I am just saying that it might be ok to drink more than one drink every once and a while.

Pounds will still fall off if you continue to eat right and workout. You can not drink excessively and eat lots without working out. You have to put deposits into your bank account before you can take out any. And that's my philosophy on drinking in a healthy lifestyle.