

# Giving up alcohol not a guarantee for weight loss

By Jane E. Brody, New York Times

People trying to lose weight – or not gain weight – are frequently advised to “lay off the booze.” Although organizations like Weight Watchers offer ways to drink wisely within their plans, alcohol, with seven calories a gram and no compensating nutrients, is commonly thought to derail most efforts at weight control.

After the winter holidays, I often hear people blame alcohol for added pounds, not just from its caloric contribution but also because it can undermine self-control and stimulate the appetite and desire for fattening foods.

Yet you probably know people who routinely drink wine with dinner, or a cocktail before it, and never put on an unwanted pound. Given that moderate drinkers tend to live longer than teetotalers, I’d love a glass of wine or a beer with dinner if I could do so without gaining, so I looked into what science has to say about alcohol’s influence on weight.

**Read the whole story**