



Beer vs



Vodka vs



Wine Health

# Comparison

Comparing the health aspects of different alcoholic beverage choices

## Single Serving Comparison

Metric	1 Beer (12oz, 7.5% ABV)	1 Shot Vodka + 8oz Water	1 Glass Wine (8oz, 12.5% ABV)	Health Impact
Total Volume	12 oz	1.5 oz + 8 oz water	Similar total liquid volume	
Alcohol by Volume	7.5%	40% (diluted)	Beer: Higher alcohol content per serving	
Pure Alcohol (ml)	27 ml	18 ml	Beer: Higher alcohol content per serving	
Calories	220 cal	97 cal	Vodka-water: 56% fewer calories	
Carbohydrates	15.8 g	0 g	Vodka-water: Zero carbs vs 15.8g	

Metric	1 Beer (12oz, 7.5% ABV)	1 Shot Vodka + 8oz Water	1 Glass Wine (8oz, 12.5% ABV)	Health Impact
Sugars	2.1 g	0 g	Vodka-water: Zero sugars vs 2.1g	
Protein	1.8 g	0 g	Beer: Small protein content	
Hydration Effect	Mild dehydration	Better hydration	Vodka-water: Better hydration support	
Congeners (toxins)	High	Very low	Vodka-water: Fewer toxins	
Additives	Hops, barley, yeast	None (pure ethanol)	Vodka-water: No additional compounds	
Absorption Rate	Slower (food content)	Faster (no food)	Beer: Slower, more controlled	
Hangover Risk	Moderate risk	Lower risk	Vodka-water: Lower hangover risk	

## Double Serving Comparison

Metric	2 Beers (24oz, 7.5% ABV)	2 Shots Vodka + 16oz Water	2 Glasses Wine (16oz, 12.5% ABV)	Health Impact
Total Volume	24 oz	3 oz + 16 oz water	Similar total liquid volume	
Alcohol by Volume	7.5%	40% (diluted)	Beer: 50% more alcohol content	
Pure Alcohol (ml)	54 ml	36 ml	Beer: 50% more alcohol content	
Calories	440 cal	194 cal	Vodka-water: 56% fewer calories	
Carbohydrates	31.6 g	0 g	Vodka-water: Zero carbs vs 31.6g	
Sugars	4.2 g	0 g	Vodka-water: Zero sugars vs 4.2g	
Protein	3.6 g	0 g	Beer: Small protein content	
Hydration Effect	Significant dehydration	Good hydration	Vodka-water: Much better hydration	
Congeners (toxins)	High	Very low	Vodka-water: Significantly fewer toxins	
Additives	Hops, barley, yeast	None (pure ethanol)	Vodka-water: No additional compounds	

Metric	2 Beers (24oz, 7.5% ABV)	2 Shots Vodka + 16oz Water	2 Glasses Wine (16oz, 12.5% ABV)	Health Impact
Absorption Rate	Slower (food content)	Faster (no food)	Beer: Slower, more controlled	
Hangover Risk	High risk	Lower risk	Vodka-water: Much lower hangover risk	

## Health Summary

### ✅ Vodka-Water Advantages

- ✓ Significantly lower calorie content (56% fewer calories)
- ✓ Zero carbohydrates and sugars
- ✓ Better hydration due to added water
- ✓ Minimal congeners (fewer toxic byproducts)
- ✓ No additional additives or preservatives
- ✓ Lower hangover risk due to purity
- ✓ Better for weight management
- ✓ Less impact on blood sugar levels

### ⚠️ Vodka-Water Disadvantages

- ⚠️ Faster alcohol absorption (higher intoxication risk)
- ⚠️ No nutritional value whatsoever
- ⚠️ Higher alcohol concentration per volume
- ⚠️ May encourage faster consumption
- ⚠️ Lacks any beneficial compounds found in beer
- ⚠️ More concentrated alcohol effects

## ✓ Beer Advantages

- ✓ Slower alcohol absorption due to food content
- ✓ Contains some B-vitamins and minerals
- ✓ Small amount of protein and fiber
- ✓ Antioxidants from hops and barley
- ✓ More controlled drinking pace
- ✓ Some potential cardiovascular benefits (moderate consumption)
- ✓ Contains prebiotics that may benefit gut health

## ⚠ Beer Disadvantages

- ⚠ Much higher calorie content (127% more calories)
- ⚠ High carbohydrate content affects blood sugar
- ⚠ Contains sugars that add empty calories
- ⚠ Higher congener content (more toxic byproducts)
- ⚠ May cause more dehydration
- ⚠ Higher hangover risk
- ⚠ Gluten content (for sensitive individuals)
- ⚠ More additives and processing chemicals

**Disclaimer:** This comparison is for educational purposes only. Alcohol consumption carries health risks. Please drink responsibly and consult healthcare professionals for personalized advice.