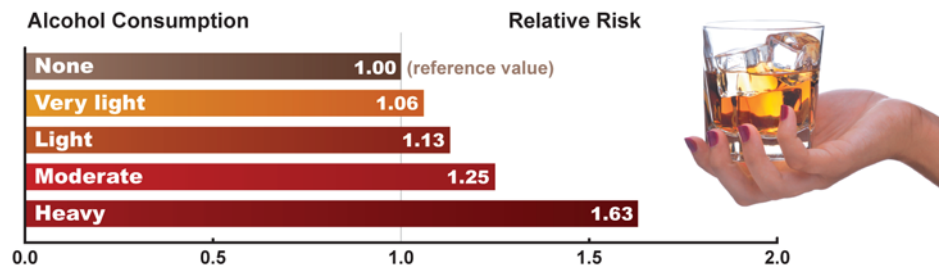


The More You Drink...

A recent study suggests an association exists between alcohol consumption (particularly liquor) and metabolic syndrome: The more you drink, the greater your risk.



*Very light drinker: .1 – 5 g/d; light: 5.1 – 15 g/d; moderate: 15.1 – 30 g/d; heavy: >30 g/d.

SOURCE: Baik I, Shin C. Prospective study of alcohol consumption and metabolic syndrome. *American Journal of Clinical Nutrition* 2008;87(5):1455-63.