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## Health and nutrition degree jobs

Rum is a distilled beverage that originated in the West Indies in the mid-1600s. Originally made from melasa, the popular liqueur is now distilled worldwide using ingredients such as sugarcane juice. Jamaica, Barbados, Guyana, Trinidad and the Dominican Republic are known for producing rum. Rum is available in dark and light varieties. Light rum (also called white or silver rum) usually does not age as long as dark rum. It tastes sweeter, lighter. Dark rum, on the other hand, aged longer in oak or wood barrels and takes on a deeper color and flavor that is more daring. Flavored rum is also available. For example, lemon, lime, coconut and pineapple rums are produced by large producers. Flavored rums can include ingredients that change basic nutritional information for a beverage. The following nutrition information is provided by the USDA for one shot (42g or 1.5 ounces) of rum. Calories: 97Fat: 0Sodium: 0.42Carbohydrates: 0Fiber: 0Sugars: 0Protein: 0Alcohol: 14g One serving of rum is considered a single shot or one jigger. The bullet is generally 1.5 ounces or about 42 grams of liquid. There are zero carbohydrates in one serving of rum and no fiber. This beverage is distilled, so there is no more natural sugar and usually no added sugars. However, some flavored rums may include additional ingredients that can change the facts about diet. Also, if you make a cocktail with rum, you will probably add a carbohydrate-contributing ingredient to the beverage. It is assumed that the glycemic index of rum is zero. Rumes do not contain carbohydrates, and the glycemic index measures the impact of carbohydrates on blood sugar. There's no fat in the rum. However, many rum-based beverages like piña colada contain fatty ingredients. Rum doesn't give protein. Since rum doesn't provide carbohydrates, proteins or fats, you might wonder where calories come from. Rum provides 14 grams of alcohol. Each gram of alcohol provides 7 calories. Therefore, all calories in rum come from alcohol when consumed straight up or on ice. Although there are minerals in trace amounts of rum (iron, phosphorus, potassium and zinc), you will not get significant micronutrients when you consume it. There are several pur alleged benefits of consuming rum. For example, some distilleries report that rum consumption can increase bone density, ease muscle pain or even increase good cholesterol. But not all of these benefits are supported by science and in most cases, there is nothing specific about rum that provides any special benefit compared to other forms of alcohol. Most importantly, for each benefit there is a potential drawback, depending on the dose. Alcohol is widely used as a method to reduce stress. This benefit is supported by research evidence. Studies dating back to the 1980s and before have shown that moderate alcohol consumption helps relieve stress. Current research also shows that consumption of a dose of alcohol after a mental stressor can help you recover faster. However, the National Institute on Alcohol Abuse and Alcoholism notes that the relationship between stress and alcohol is inconvenient. Many times, turning to alcohol to manage stress can take a psychological and physiological toll on the body. Some studies have shown that common light to moderate alcohol intake (up to 1 drink per day for women and 1 or 2 drinks per day for men) is associated with a reduced risk for overall mortality, coronary artery disease, congestive heart failure. , and a stroke. However, the authors of the 2014 Study, including authors of Mayo Clinic Proceedings, are also quick to advise that higher levels of alcohol consumption are associated with an increased risk of adverse cardiovascular events. The same study that showed light to moderate alcohol consumption was associated with a lower risk for cardiovascular events, also reported a lower risk for type 2 diabetes. But the researchers also note that in people with type 2 diabetes, the link between alcohol and glucose control is complex. As the authors of one study advise, overall nutritional status is an important component of complicated findings relating to the effects of alcohol on the regulation of insulin and glucose metabolism. They have a note that the results of the study were inconclusive about the relative benefits and risks of alcohol consumption in those with this condition. One study found that light alcohol intake (2-3 times a week and 1-2 glasses per occasion) in postmenopausal South Korean women is associated with high thigh bone mineral density. Non-drinkers and heavy drinkers had a slightly higher risk for osteoporosis than light drinkers. However, in a widely cited, comprehensive review of research for the National Institute on Alcohol Abuse and Alcoholism, author H. Wayne Sampson, Ph.D. concludes that chronic, heavy alcohol consumption in women threatens bone health and increases the risk of osteoporosis. She adds that the effects are particularly striking in young people, but chronic alcohol consumption in adulthood can also harm bone health. More recent research has confirmed these findings. Although drinking alcohol can provide certain social and relaxations, there are significant drawbacks if you drink too much. This should be taken into account if you decide to include rum in your diet. USDA Dietary Guidelines 2015-2020 provides guidelines for alcohol consumption with several caveat cautions. According to their recommendations, moderate alcohol consumption can be incorporated into the calorie limits of most healthy eating patterns. But they provide guidance on the amount of alcohol to consume. According to the USDA, if alcohol is consumed, it should be moderate - up to one drink a day for women and up to two drinks a day for men - and only adults of legal drinking age. Ounces of wine1.5 ounces of brandy, cognac or distilled liqueur The NIH's National Institutes of Alcohol Abuse and Alcoholism promote the same moderate drinking guidelines as the USDA. Government health experts do not recommend start drinking if you are not currently drinking. And since alcoholic beverages are not an integral part of USDA dietary samples, if you choose to consume alcohol, the calories in your drink should be taken into account so that calorie limits are not exceeded. If you exceed recommended consumption levels, niaaa advises exposing yourself to a higher risk of adverse effects or adverse health effects. One of the primary health consequences of excessive alcohol consumption is alcohol use disorder (AUD). Drinking (usually 4 drinks for women and 5 drinks for men in about 2 hours) or heavy alcohol consumption (more than 4 drinks on any given day for men or more than 3 drinks for women) also puts you at greater risk for AUD. Signs of an AUD may include drinking more than you intended, not being able to reduce or continuing drinking despite problems with family or friends. The disorder can be classified as mild, moderate or severe. There are certain conditions that can put you at greater risk of alcohol use disorder. Isolation and stress – including mass stress (stress experienced by a large community) are two factors studied by researchers. It is possible that while isolation and stress can increase the compulsion to excessive ice rink, drinking too much during these times can lead to increased stress and potentially increased loneliness. Although alcohol temporarily dampens the brain and body's response to stress, feelings of stress and anxiety not only return, but worsen, once alcohol has worn off. Over time, excessive alcohol consumption can cause adjustments in the brain that boost stress response. As a result, drinking alcohol to carry can exacerbate problems and can end up drinking to address the problem that alcohol has caused. — George Koob, PhD NIAAA Director A series of studies was published in the years following the 9/11 attacks in New York City. Researchers found that increased exposure to news of the incident plus past history of drinking problems predicted heavier drinking in the year after the event. They also found that the intensity of exposure to 9/11 had long-lasting effects, with greater exposure to a drinking-related attack as much as five to six years later. In a published response to those studies published during the COVID-19 epidemic, he noted that boredom, stress, economic stress, are key factors that can trigger a recurrence of alcohol use disorder. But researchers also know that prolonged, heavy drinking can cause increased anxiety and reduced ability to cope with stress due to the release of larger amounts of cortisol and adrenocorticotropic hormone. According to the National Institute on Alcohol Abuse and Alcoholism, a heavy drinker may experience higher levels of anxiety when faced with a stressful situation than someone who has never had a drink or who has only been drinking in moderation. Isolation can be another factor that plays a role. In a paper discussing alcohol use and abuse during the COVID-19 epidemic, researchers discuss how isolation can play a role in problematic drinking patterns. They suggest that a long period of isolation could lead to an increase in alcohol abuse, relapse and potentially, the development of alcohol use disorders in at-risk individuals. Researchers also know that those who engage in drug abuse are more likely to experience stronger feelings of loneliness. The authors of one study published in the journal Alcohol Research Current Reviews report that an association has been established between excessive alcohol consumption and adverse health effects with the immune system such as susceptibility to pneumonia. alcohol impairs immune pathways that may impair the body's ability to defend itself against infection, contribute to organ damage associated with alcohol consumption and hinder recovery from tissue injury. The same authors who report a reduced risk for certain cardiac events report that excessive alcohol consumption is the third leading cause of premature death in the United States. Namely, heavy alcohol use is one of the most common causes of reversible hypertension, it accounts for about one third of all cases of non-scaffolding extended cardiomyopathy, is a common cause of atrial fibrillation, and significantly increases the risk of stroke – both ischemic and hemorrhagic. Given that alcohol does not provide nutritional value and contains 7 calories per gram (as opposed to 4 calories per gram for protein and carbohydrates) it is no surprise that it is associated with unhealthy weight gain and obesity. Then again, the dosage matters. The authors of one study note that light to moderate alcohol intake is not associated with weight gain while heavy drinking is more consistently associated with weight gain. They say experimental evidence is also mixed and suggests that moderate alcohol intake does not lead to short-term weight gain but alcohol intake may be a risk factor for obesity in some individuals. There are some people who should not consume alcohol at all - even in limited quantities. For example, some over-the-counter and prescription drugs cause drowsiness and should not be taken with alcohol. In most cases, the label on the prescription bottle should indicate whether alcohol consumption is safe or not. Check with your healthcare professional for personalized advice. If you plan to drive or operate machines, you should avoid alcohol. Also, those with celiac levels or gluten sensitivity should check the manufacturer to make sure that their beverage of choice is safe to consume. The NIAAA also advises that women who are pregnant should not drink alcohol. According to the organization, prenatal exposure to alcohol can result in a brain and other serious problems in the child. The effects are known as fetal alcohol spectrum disorders, or FASD, and can lead to lifelong physical, cognitive, and behavioral problems. According to the American Academy of Allergy, Asthma and Immunology, there are reported cases of alcohol allergy. Symptoms may include rash, swelling or throat constriction. If you experience any related or unusual symptoms after consuming rum, talk to your healthcare professional for personalized advice. If you want to buy rum, you can choose from a number of varieties. Your best choice may depend on your budget and how you plan to use the beverage. White rum tends to be a clearer and brighter body. This rum is best for cocktails that include other high-flavoured ingredients. Golden rum can be somewhat more complex due to longer aging in oak barrels. Dark rum aged for a long time and has deeper, darker flavor profiles. This rum is best for sipping solo. Flavored rum has added flavor-enhancing ingredients, such as coconut, lime or pineapple. Always store rum and other alcoholic beverages in a cool dark area away from light and heat. It must not be refrigerated. When unopened, rum stays good for decades. Rum producers advise to consume rum within six months after it opens. Rum can be frozen if your freezer is very cold, but it is not recommended. Recommended.

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