



Alcoholic Beverages

Any wine or beer cooler assumed during pregnancy easily passes through the placenta and affects the future baby's cells, particularly brain cells. Avoid alcoholic beverages when you plan to have a baby and during pregnancy. There is no known safe amount of alcohol to drink while pregnant.



Alcohol during pregnancy

As soon as you drink it, alcohol quickly reaches all your body organs including lungs (Breath Alcohol Test for drivers is based on this principle). It crosses the placenta barrier and hurts your unborn baby. Alcohol damages unborn baby cells development, particularly brain cells. Alcohol is dangerous since the earliest days of pregnancy, when you are not yet aware of being pregnant. This is why if you are thinking about getting pregnant you should avoid it.

Find out if you are a moderate drinker

A woman having up to 1 drink a day (2 drinks a day for a man) is considered a moderate drinker. Anyone having more than 3 drinks at one time cannot be considered a moderate drinker.

Alcohol content of 1 standard drink

The alcohol content of one can of beer (330ml), one glass of wine (125 ml), one aperitif (60 ml) or one shot glass such as grappa or whiskey (30 ml) is almost identical and it corresponds to approximately 15 ml of pure alcohol.

Alcohol and your health

It is worldwide known that alcohol abuse is bad for health. Alcohol is a toxic substance to every organ of the body, in particular to brain and liver. Alcohol is also rich in calories and, therefore, fattening.

Alcohol during preconception

If you are planning to get pregnant it is recommended not to drink wine, beer or any other alcoholic drinks. Alcohol can have negative effects on fertility and on the quality of reproductive men and women cells.



Adverse outcomes on the future child related to alcohol:

- Following a moderate alcohol use:
Intellectual disability or low IQ, behavioral problems, difficulty in school (especially with math)
- Following a non moderate alcohol use:
Low weight at birth, abnormal facial features, lower-than-average body growth and development (height and cranial circumference), heavy behavioral problems.

Can I drink a glass of champagne on a special occasion?

Yes, of course, but ... only if it's an exception to the rule.