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Rum is a distilled beverage that originated in the West Indies in the mid-1600s. Originally made of molasses, popular liquor is now distilled worldwide using ingredients such as sugar cane juice. Jamaica, Barbados, Guyana, Trinidad and the Dominican Republic are known for their rum production. Rum is available in dark and light varieties. Light rum (also called white or silver rum) usually doesn't age as old as dark rum. It has a sweeter and lighter taste. Dark rum, on the other hand, ages longer in oak or wood barrels and acquires a deeper color and flavor that is bolder. Flavored rum is also available. For example, lemon, lime, coconut and pineapple rums are produced by major manufacturers. Flavoured rums may include ingredients that change the basic nutritional information of the drink. The USDA provides the following nutritional information for an injection (42g or 1.5 ounces) of rum. Calories: 97Fat: 0Sodium: 0.42Carbohydrates: 0Fiber: 0Swees: 0Protein: 0Alcohol: 14g A single piece of rum is considered an injection or jigger. An injection is usually 1.5 ounces or about 42 grams of liquid. There are zero carbohydrates in a single piece of rum and no fiber. This drink is distilled, so there is no longer natural sugar and there are usually no added sugars. However, some flavoured rums may include additional ingredients that can change nutritional facts. Also, if you make a cocktail with rum, you're likely to add an ingredient that adds carbohydrates to the drink. The glycemic index of a rum is assumed to be zero. Rum contains no carbohydrates and the glycemic index measures the impact of carbohydrates on blood sugar. There's no fat in the rum. However, many rum-based drinks such as piña colada contain fatty ingredients. Rum doesn't provide protein. Because rum doesn't provide carbohydrates, proteins, or fats, you may 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 directly upwards or on ice. While there are mineral traces in the rum (iron, phosphorus, potassium and zinc), you won't get any substantial micronutrients when you consume it. There are several purported benefits of consuming rum. For example, some distillers report that consuming rum can increase bone density, relieve 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 benefits compared to other forms of alcohol. Most importantly, for each benefit there is a potential drawback, depending on the dosage. Alcohol is used as a method of reducing 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. Stress, doses of alcohol after a mental stressor can help you recover faster. Often, resorting to alcohol to manage stress can psychologically and physiologically affect the body. Some studies have shown that regular intake of light to moderate alcohol (up to 1 drink per day for women and 1 or 2 drinks per day for men) is associated with a decrease in the risk of total mortality, coronary heart disease, , and stroke. However, the study authors, including the authors of the Mayo Clinic 2014 Procedures, 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 consumption is associated with a lower risk of cardiovascular events, also reported a lower risk of type 2 diabetes. But researchers also note that in people with type 2 diabetes the relationship between alcohol and glucose control is complex. As the authors of a study advise, overall nutritional status is an important component of complicated findings related to the effects of alcohol on regulating insulin and glucose metabolism. They note that the findings of the research have not been conclusive on the relative benefits and risks of alcohol consumption in those with this condition. There have been studies on bone health and liquor consumption. One study showed that light alcohol intake (2-3 times per week and 1-2 vessels per occasion) in postmenopausal women in South Korea was linked to a high femoral bone mineral density. However, in a large-scale research review widely cited for the National Institute for Alcohol Abuse and Alcoholism, author H. Wayne Sampson, PhD concludes that chronic and heavy alcohol consumption in women compromises bone health and increases the risk of osteoporosis. It adds that the effects are particularly striking in young people, but chronic alcohol consumption in adulthood can also harm bone health. More recent studies have confirmed these findings. These should be considered if you choose to include rum in your diet. The USDA Food Guidelines 2015-2020 provide guidelines for alcohol consumption with some warnings. But they provide guidance on how much alcohol should be consumed. According to the USDA, if alcohol is consumed, it should be in moderation — up to one drink per day for women and up to two drinks per day for men — and only for adults of drinking age. Ounces of wine1.5 ounces of brandy, cognac or distilled liquor NIH's National Institutes of Alcohol Abuse and Alcoholism promote the same guidelines for moderate alcohol consumption as USDA. Government health experts don't recommend that you start drinking if you don't currently drink. And because alcoholic beverages are not a component of USDA's food patterns, if you decide to consume alcohol, the calories in your drink must be taken into account so that calorie limits are not exceeded. If you exceed recommended consumption levels, NIAAA advises that you put yourself at increased risk of harmful consequences or adverse health effects. One of the main health consequences of excessive alcohol consumption is alcohol use disorder (AUD). Drinking alcohol (usually 4 women's drinks and 5 drinks for men in about 2 hours) or excessive alcohol consumption (more than 4 drinks on any day for men or more than 3 women's beverages) also puts you at increased risk of charge-in-cheeks. Signs of AUD may include drinking more than you had anticipated, not being able to reduce or continue drinking despite problems with family or friends. The disorder can be classified as mild, moderate, or severe. There are certain conditions that may put you at increased risk of alcohol use disorder. Isolation and stress, including mass stress (stress experienced by a large community) are two factors that have been studied by researchers. It is possible that while isolation and stress can increase the compulsion of excessive drinking, 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 get worse, once the alcohol disappears. Over time, excessive alcohol consumption can cause adaptations in the brain that intensify stress response. As a result, drinking alcohol to cope can make problems worse and one may end up drinking to solve the problem that caused the alcohol. —George Koob, PhD, NIAAA Director A series of studies was published in the years following the Septembn 11 attacks in New York City. Researchers found that increased exposure to news reports of the incident plus a past history of beverage problems predicted a heavier drink in the year after the event. They also determined that the intensity of 9/11 exposure had lasting effects, with increased exposure to the attack associated with excessive alcohol consumption even five to six years later. In a published response to studies published during the COVID-19 outbreak, he noted that boredom, stress, distress are key factors that can precipitate a recurrence of alcohol use disorder. But researchers also know that excessive long-term alcohol consumption can cause increased anxiety and decreased ability to deal with stress due to the release of higher amounts of cortisol and adrenocortrotropic hormone. According to the National Institutes of Alcohol Abuse and Alcoholism, a heavy drinker may experience higher levels of anxiety when faced with a stressful situation than someone who never drank or drank only moderately. Isolation can be another factor playing a role. In an article that discusses alcohol consumption and misuse during the COVID-19 outbreak, researchers discuss how isolation can play a role in problematic patterns of alcohol consumption. They suggest that the long period of isolation could lead to an increase in alcohol misuse, relapse, and potentially, the development of alcohol use disorder in at-risk individuals. Researchers also know that those who deal with substance abuse are more likely to experience stronger feelings of loneliness. alcohol disrupts immune pathways that can affect the body's ability to defend against infection, contribute to damage to organs associated with alcohol consumption, and prevent recovery from tissue injuries. The same authors reporting a decrease in the risk of certain cardiac events report that excessive alcohol consumption is the third leading cause of premature death in the United States. Specifically, excessive alcohol consumption is one of the most common causes of reversible hypertension, accounts for about one-third of all cases of non-seronmatic dilated cardiomyopathy, is a common cause of atrial fibrillation, and significantly increases the risk of stroke, both ischemic and hemorrhagic. unhealthy weight gain and obesity. But again, the dose matters. The authors of a study note that light to moderate alcohol intake is not associated with fat gain while excessive alcohol consumption is more consistently related to weight gain. They say that experimental evidence is also mixed and suggests that moderate alcohol intake does not lead to weight gain during the short term, but alcohol intake may be a risk factor for obesity in some individuals. For example, some over-the-counter and prescription medications cause drowsiness and should not be taken with alcohol. In most cases, a label on your prescription bottle should indicate whether alcohol consumption is safe or not. Check with your health care provider for personalized advice. If you plan to drive or operate machinery, you should avoid alcohol. In addition, those with celiac disease or gluten sensitivity should check the manufacturer to make sure that their drink of choice is safe to consume. NIAAA also advises that pregnant women should not drink alcohol. Depending on the organization, prenatal exposure to alcohol may and other serious problems in the baby. The effects are known as fetal alcohol spectrum disorders, or FASDs, and can result in long-lasting physical, cognitive and behavioral problems. According to the American Academy of Allergy, Asthma and Immunology, there are reported cases of alcohol allergy. If you experience any related or unusual symptoms after consuming rum, talk to your health care provider for personalized advice. If you are looking to buy rum there are numerous varieties to choose from. Your best bet may depend on your budget and how you plan to use the drink. White rum tends to be clear and lighter in body. This rum is best for cocktails that include other high-tasting ingredients. Golden rum may be slightly more complex due to increased aging in oak barrels. Dark rum ages for longer periods of time and has deeper, darker flavor profiles. This rum is better for drinking alone. Flavored rum has had added ingredients to enhance flavor, such as coconut, lime or pineapple. Always store rum and other alcoholic beverages in a cold, dark area away from light and heat. It should not be refrigerated. When it doesn't open, rum stays good for decades. Rum manufacturers advise you to consume rum within six months once opened. Rum can be frozen if the freezer is very cold, but not recommended. Recommended.

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