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“Impact of Preferred Alcoholic Beverages on Dietary Consumption & Nutritional Quality”

Background: The *Dietary Guidelines for Americans 2020-2025* states a healthy diet includes vegetables, fruits, grains, dairy, protein, and oils and recommends limiting foods and beverages high in added sugars, saturated fat, and sodium, in addition to alcoholic beverages. Unhealthy diet patterns are associated with obesity, cardiovascular disease, diabetes, cancer, and reduced bone health and muscle strength. Excess alcohol consumption increases the risk of developing insulin resistance, liver & cardiovascular disease. The goal of the current study was to investigate the role of alcohol-type preference on dietary intake and diet quality in people living with Human Immunodeficiency Virus (HIV) (PWH) from the Greater New Orleans Area enrolled in the longitudinal, prospective New Orleans Alcohol Use in HIV (NOAH) Study.

Methods: The 30-day Timeline Followback (TLFB) was utilized to collect information on daily alcohol consumption and categorize drinks into beer/malt liquor, liquor, and wine. Participants were divided into groups based on their preferred alcohol type, which consisted of $\geq 50\%$ of drinks consumed during the 30-day period. Nondrinkers consumed ≤ 2 drinks during the 30-day period. Dietary intake was recorded with the Automated Self-Administered 24-Hour (ASA24) Dietary Assessment, providing the macronutrients & micronutrients of participants' dietary pattern over the previous 24 hours. Dietary quality was then determined from the ASA24 by calculating the Healthy Eating Index (HEI-2015) score, which assesses how well a set of foods aligns with key recommendations of the *Dietary Guidelines for Americans*.

Results: Regarding dietary intake, correlational analyses revealed a positive relationship between beer/malt liquor consumption and a negative relationship between wine consumption and daily caloric intake. Participants with beer/malt liquor preference consume more total calories than nondrinkers, despite having a lower BMI. Beer/malt liquor drinkers were found to consume more sodium than nondrinkers. Alcohol preferences significantly affect HEI scores for total fruit, whole fruit, and saturated fat. Wine drinkers had a higher HEI whole fruit score.

Conclusions: The results suggest that beer/malt liquor consumption may be associated with a larger dietary intake, and wine consumption may be associated with a smaller dietary intake. Beer/malt liquor drinkers were found to consume more sodium than nondrinkers. Wine drinkers had a higher HEI whole fruit score, suggesting that they consume more whole fruits. Caveats to note are demographic factors, such as ethnicity, income, and level of education, which may have confounding effects on alcohol preferences and dietary intake & nutritional quality. Further analyses may be required to fully understand the complexities of alcohol's effects on diet.

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