"Drunkorexia" is a form of disordered eating.

"Drunkorexia" is when calories from food are restricted in order to allow for calories from binge drinking.

Both men and women may become “drunkorexic” if they are cutting down food costs to save money for alcohol; still adhere to their daily caloric intake, or in order to get drunk faster.

Of most students who restrict calories prior to alcohol use, 67% do so to prevent weight gain and 21% to get drunk more quickly (Osborne et al., 2011).

Drinking on an empty stomach allows alcohol to get into your body’s bloodstream faster, which can lead to increased risks for brain impairments (blackouts) and other negative health and behavioral consequences.

If worried about weight gain, take safer approaches to control your calorie intake:

Alternate between alcoholic beverages and non-alcoholic beverages, such as water or other non-alcoholic low calorie beverages.

Plan your alcohol consumption into your daily caloric intake by eating healthy meals, NOT by skipping meals.

Eat a meal high in protein and fat before consuming alcohol in order to line the stomach and slow the absorption of alcohol.

References

WOW, THAT’S A LOT OF TITTIN.

WELLNESS.MISSOURI.EDU/MYTHBUSTERS