**Alcohol’s Interaction with Nutrients in Food Reflection**

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The infographic “Alcohol’s interaction with Nutrients in the Body” discusses the impact of chronic alcohol intake, alcohol’s interaction with different nutrients, and the recommendations regarding alcohol consumption. The main objectives of creating this infographic were to raise awareness about how alcohol negatively affects the digestion and absorption of nutrients in our body, to promote reduced consumption and lessen dependence.

Designing a patient/client-education material on alcohol and its interaction with foods/nutrients in the body was satisfying. This was one of my first attempts at making a proper infographic, so I was having trouble navigating Canva. I learned a lot about the different elements and features of this app and realized that I really enjoy making handouts like flyers, brochures, and infographics etc.

In infographics, visual components increase engagement and attraction. Colour, images, and graphics help to capture audiences' attention and encourage them to spend more time interacting with information. I am someone who understands information better when it is presented in a visually appealing manner, which is why I’m interested in improving this creative ability.