

# Alcohol

Alcohol in moderation may have some health benefits, such as helping your heart and clearing out your arteries. But, the key word here is MODERATION. That means no more than one drink per day for women and two drinks per day for men. A drink is considered to be 12 oz. of beer, 4-5 oz. of wine, or 1.5 oz. of 80 proof hard liquor. You can't save up your daily moderate dose of alcohol for one night of heavy drinking on the weekend. There are no health benefits to this type of drinking.

Large quantities of alcohol equal trouble, not only to your mental functioning and physical health, but also to your waistline. Alcohol contains calories—and lots of them! Not only that, but drinking also triggers eating cues, regardless of whether you're hungry. And since your judgment is impaired, your food choices while "under the influence" are usually not the most nutritious. In fact, the calories from snacking plus the calories from alcohol are considered two of the biggest contributors to weight gain for college students.

## How Many Calories Are You Drinking?

<b>Beverage</b>	<b>Calories</b>
12 oz. beer	118
6 pack beer	708
12 oz. lite beer	99
4.5 oz. red table wine	96
4.5 oz. white table wine	90
1.5 oz. shot of hard liquor (gin, rum, vodka, whiskey)	97
4 oz. Daiquiri cocktail	224
4 oz. Pina colada cocktail	233

## And Munching?

3 handfuls of mixed nuts	525
1 order of nachos, split with 3 others	300
½ bag of baked Lays	420
3 potato skins	400
1 personal pizza	500-600
1/3 box of hard pretzels	500-600
1 pint of frozen yogurt	400-600
1 bag of M&M's	230
2 large chocolate chip cookies	500

# Responsible Drinking

- ✓ **Pay attention to the calories in alcohol.**
- ✓ **Never drink on an empty stomach.**

Although you may want to save up your calories for a night of drinking, this can be particularly dangerous. Drinking on an empty stomach will lead to faster absorption of the alcohol and could present serious problems.
- ✓ **Drink slowly.**

It takes about two hours to metabolize one 12 oz. can beer, one 4 oz. glass wine, or one 1.5 oz. shot hard liquor.
- ✓ **Alternate each beverage with water or seltzer.**

Filling in with these fluids allows you to have something in your hand, while spacing out your alcohol intake.
- ✓ **Dilute mixers with water or seltzer.**

It isn't only the calories in alcohol; blenderized drinks and drinks mixed with juice and soda add even more calories.
- ✓ **Know your limit; tolerance is an individual thing.**
- ✓ **Recognize that your judgment is always off when you drink.**