RESPONSIBLE
ALCOHOL
USE
Alcohol comes in many forms: beer, wine, and spirits/liquor, and each of these have different alcohol contents (see below):

<table>
<thead>
<tr>
<th>Beverage</th>
<th>Serving size</th>
<th>Alcohol content</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fortified wine</td>
<td>1 glass=60mL</td>
<td>17.5%</td>
</tr>
<tr>
<td>Wine</td>
<td>1 glass=100mL</td>
<td>11.5%</td>
</tr>
<tr>
<td>Beer</td>
<td>1 can=12fl.oz./350mL</td>
<td>4%</td>
</tr>
<tr>
<td>Spirit</td>
<td>1 shot=40mL</td>
<td>38%</td>
</tr>
</tbody>
</table>
- Drinking alcoholic beverages, like eating, or any other social activity, needs to have some guidelines to help you safely enjoy your experience.

- Making responsible choices doesn’t JUST mean driving sober, or not over drinking... responsible drinking means that you never have to feel sorry for what has happened while you were drinking (this doesn’t necessarily mean not becoming drunk).

***These are some helpful hints to help you drink responsibly, enjoy your drinking experience, and not end up in a situation you don’t want to be in.***
1. **Know your limit.** If you do not already know how much alcohol you can handle without losing control, try it out one time at home with others present. Explain to them what you are attempting to learn. Most people find that no more than a drink an hour will keep them in control of the situation and avoid excessive drunkenness.

2. **Eat food while you drink.** It is particularly good to eat high protein foods such as cheese and peanuts, which help to slow the absorption of alcohol into the circulatory system. Many cultures consume alcohol only with food to prevent various problems.
3. **Sip your drink.** If you gulp a drink for the effect, you are losing a pleasure of drinking, namely tasting and smelling the various flavors. Take your time and enjoy your beverage!

4. **Accept a drink only when you really want one.** At a party if someone is trying to force another drink on you, ask for ice or drink a non-alcoholic beverage. If people KEEP insisting that you drink more, just keep a drink in your hand (you don’t have to drink it) and tell them that you already have one.
5. **Cultivate taste. Choose quality rather than quantity.** Learn the names of fine wines, liquors, and beers. Learn what beverage goes with what foods and what beverages you shouldn’t mix together.

6. **Skip a drink now and then.** When at a party, have a nonalcoholic drink between the alcoholic one to keep your blood alcohol concentration down. Space your alcoholic drinks out to keep the desired blood alcohol concentration. A good rule of thumb is for every drink you have, drink a cup of water (or some other non-alcoholic beverage)
7. When drinking out, **have your drinks with a meal**, not afterwards. This allows time for the alcohol to be burned up and for it to be absorbed slowly into the circulatory system.

8. **Beware of unfamiliar drinks.** Some drinks, like really fruity mixed drinks can be deceiving, as the alcohol is not always detectable, and it is difficult to space them out.

9. **Make sure that drinking improves social relationships rather than impairs them.** Serve alcohol as an adjunct to an activity rather than as the primary focus. Have a party with food or some
other activity rather than just getting together to solely drink.

10. **Appoint a designated driver.** Have someone available who will not be drinking and will drive all drinkers home. This is critical if the person has consumed more than one drink per hour.

11. **Use alcohol carefully in connection with other drugs.** This includes over-the-counter drugs such as sleeping pills and cold or cough medicines. Alcohol should be avoided while taking certain antibiotics, arthritic, anti-depressant, and many other prescription medications. Check with your physician
or pharmacy before you drink while on any prescription drug.

12. **Respect the rights of individuals who do not wish to drink.** It is considered impolite to attempt to get people to drink who do not wish to. They may abstain for religious or medical reasons, because they are recovering alcoholics, or they just may not like the taste and effect it has on them. Their reason, no matter what anyone else thinks, is valid for them. Don’t force them.

13. **Avoid drinking mixed drinks on an empty stomach on a hot day.** This might produce
hypoglycemia, which can cause dizziness, weakness, and mood change. It can also increase your chance of becoming dehydrated, which can give you headaches or make you weak over extended periods of time.