

TIPS FOR DRINKING IN MODERATION

- Know your limit. If you are not sure what your limit is, experiment at home or other safe setting with a responsible individual. Most people find that they can consume one drink per hour without ill effects, but this varies by individual.
- Eat food while you drink. Food, especially high-protein foods such as meat, cheese, and peanuts, will help slow the absorption of alcohol into your body.
- Drink water while you drink alcohol. Drink about 6 oz. of water for each alcoholic beverage.
- Pace your drinking; allow time between drinks.
- Consider alternating non-alcoholic "decoy" drinks with those containing alcohol; for example, drinking plain orange juice or soda every other drink.
- After the first few drinks, reduce the amount of alcohol in each drink. Your taste buds will be dulled and you won't be able to tell the difference. For example, switch to light beer or 'low alcohol' wines after the first few drinks.
- Drink only if YOU want to. Don't let others dictate your choice.
- Keep active. Don't just sit down and drink all night. If you keep active you will drink less and will be more aware of your level of intoxication.
- Keep out of "Chugging" contests or other drinking games.
- Stop drinking before the party is over to allow time to burn off some of the alcohol. Drink non-alcoholic beverages the last hour or so.
- Avoid possible interactions between alcohol and other drugs (including certain foods and over-the-counter medications).
- Use alcohol cautiously when taking pharmaceuticals. Ask your physician or pharmacist about any precautions or prohibitions and follow any advice received.