

# The Low-Down on Alcohol



## What is alcohol?

Alcohol is a mood-altering drug. It is absorbed directly into your bloodstream from the stomach & small intestine. Once absorbed, alcohol affects the *mind & body*.

## A standard drink is:



## Low-risk drinking guidelines

- Have no more than **10 drinks/week for women & 15 drinks/week for men**
- Drink no more than 2 standard drinks per drinking occasion
- Don't drink on an empty stomach
- Have non-alcoholic drinks between every alcoholic beverage
- Don't consume alcoholic beverages during or after exercise

## Potential health effects

Your liver works overtime when you drink, removing about 95% of the alcohol from your blood. Excessive alcohol intake wears down your liver & can damage your brain, digestive system, muscles, bones, heart & circulatory system.



## Alcohol & weight gain



Alcohol can add "empty" calories & replace nutrient-dense foods in the diet. Mixed drinks can be very high in calories & sugar.

## Dehydration


The body tries to get rid of alcohol through urination. Suppression of the *anti-diuretic hormone* increases excretion of water & minerals from the body. When drinking alcohol, make sure you drink water as well to avoid dehydration.

## Never drink to:

- Relieve stress or escape responsibilities
- Deal with emotional problems
- Procrastinate or fight boredom
- Impress others or fit in (*PEER Pressure*)

Feeling down? Alcohol might make you feel better at first, but it will only be *temporary*. Alcohol is a **depressant** & can make you *feel worse!*

Comments? Questions? Contact SNAP!  
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