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:
- 12 fl. oz Beer (5% alcohol)
- 8-9 fl. oz Malt liquor (7% alcohol)
- 5 fl. oz Table wine (12% alcohol)
- 1.5 fl. oz Spirits (40% alcohol)

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 brain & can damage your body, digestive system, muscles, bones, heart & circulatory system.

Smart Snacking while Drinking
Moderate snacking while drinking can help slow the absorption of alcohol into your bloodstream. Try preparing a nutritious snack like toast & nut butter or veggies, crackers & hummus before you start drinking & choose options like pizza & wings less often.

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 temporarily, but alcohol is a depressant that can make you feel worse!

Comments? Questions? Contact SNAP!
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Student Nutrition Awareness Program