

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



## Smart Snacking while Drinking

Moderate snacking while drinking can help slow the absorption of alcohol into your blood stream. 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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