



Think Your Drink: Alcoholic Beverages

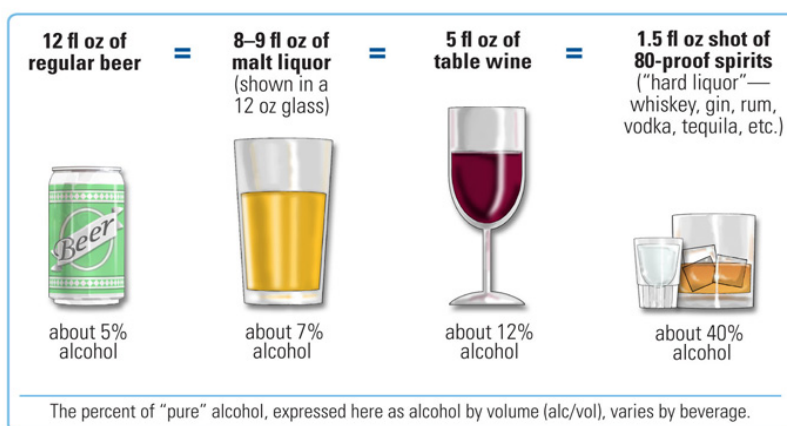
Going to the bars on a weekend is a typical outing for many college students. Hanging out with friends, catching the game, and meeting new people are things people often look forward to. The bars encourage a social environment, and a drink is a standard variable within this setting. Have you ever thought to compare *your* favorite drink with other alcoholic beverages?

Know the similarities and differences

- The type of drink is not what affects an individual, but rather the amount of alcohol in each drink.
- Percent alcohol content varies between different beverages:
 - 12 fluid oz of regular beer = 5% alcohol
 - 5 fluid oz of table wine = 12% alcohol
 - 1.5 fluid oz of liquor = 40% alcohol
- Alcohol affects men and women differently:
 - Women tend to have a higher content of body fat and less body water. This leads to a higher concentration of alcohol in the blood in comparison to a man who has consumed the same amount.
 - Women also have a smaller quantity of the dehydrogenase enzyme which breaks down alcohol in the stomach.
- Calories can vary not only between alcoholic beverages, but also between the same drink made at different locations.

Ways to Limit Your Spending *and* Consumption

- When you go out to the bars, set a limit on how much you're willing to spend for the evening. This will help save money *and* limit your alcohol consumption.
- Watch for happy hour pricing, coupon deals and special events at your favorite hangouts.
- Split a pitcher of beer with some friends! It not only saves money, but also helps control consumption.



What counts as one drink?

Photo by: <http://www.niaaa.nih.gov/alcohol-health/overview-alcohol-consumption/standard-drink>