

SAFE DRINKING FACTS



Practice Safe Drinking:



Drink slowly. Have no more than 2 drinks every 3 hours

For every drink of alcohol, have one non-alcoholic drink

Eat before and while you are drinking

What is 1
drink?

355 ml
of beer

148 ml
of wine

44 ml
of mixed drink

Consume alcohol in moderation

2 drinks per day for men **1** drink per day for women





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What is "binge drinking?"

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Many college alcohol problems are related to binge drinking

60

minutes for your
body to process
1 oz of alcohol

This typically occurs after 4 drinks for women and 5 drinks
for men—in about 2 hours

Over the long term, frequent binge drinking can damage
the liver and other organs

Do not consume
alcohol at all if:

- you take certain medication
- have health problems that could be worsened
- pregnant or may be pregnant