



# ALCOHOL

**HEALTHY EATING TIP OF THE MONTH**

**JULY 2021**



# ALCOHOL

## & A HEALTHIER HAPPY HOUR

### ONE DRINK EQUALS:

- 12 ounces 5% ABV Beer
- 5 ounces 12% ABV Wine
- 1.5 ounces 40% ABV Liquor

### THE DIETARY GUIDELINES FOR AMERICANS RECOMMENDS:

- 2 drinks or less in a day for men
- 1 drink or less in a day for women

### WHO SHOULD NOT DRINK ALCOHOL:

- Pregnant or may become pregnant
- Younger than age 21
- Driving or planning to drive
- Taking medications that can interact with alcohol
- Recovering from alcoholism or unable to control the amount they drink

### ALCOHOL IS A DEPRESSANT

It can change a person's perceptions, emotions, movement, vision, and hearing.

### HOW ALCOHOL AFFECTS YOU DEPENDS ON:

- How much alcohol is consumed
- The time period in which it is consumed
- How much food is in the stomach
- Body weight of person drinking

### CALORIES IN ALCOHOLIC BEVERAGES:

- 12 oz. Beer: 150 calories
- 5 oz. Wine: 120 calories
- 1.5 oz. 80 Proof Liquor: 100 calories

### DID YOU KNOW?

It takes ~30 minutes to feel the effects of alcohol. If you have another drink before that time, you may drink too much!





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## & THE 4TH OF JULY

Pool parties, barbeques, beach days, and other festivities often involve drinking large amounts of alcohol.

### DAY DRINKING MAY BE FUN BUT...

Alcohol on a hot summer day can cause dehydration and lead to heat stroke.

### ALCOHOL IS NOT A SUBSTITUTE FOR WATER

It will only make you dehydrated more quickly!

### HOW TO ENJOY ALCOHOL SAFELY:

- Make a plan before you start drinking
- Measure liquor into cup first, then mixers
- Alternate alcoholic beverages with non-alcoholic beverages
- Eat before, during, and after drinking

### IF SOMEONE HAS HAD TOO MUCH TO DRINK:

Call 911. Keep them awake and moving until medical help arrives. Do not leave them alone or lying down.

### INTOXICATION AND DANGER

Alcohol can increase your risk of drowning, sunburn, boating and motor vehicle accidents, and injury from fireworks.

### RUNNING IN A 5K/10K?

Drinking alcohol after exercise inhibits muscle adaptation and repair, slows down recovery, and impairs rehydration.

### DID YOU KNOW?

Binge drinking means having 5 or more drinks for a man or 4 or more drinks for a woman in 2 hours. 25.8% of people aged 18+ reported binge drinking in the past month.





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## & SIDE EFFECTS

Alcohol can worsen health problems like liver disease, heart disease, high blood pressure, diabetes, ulcers, stomach problems, depression and anxiety, and more...

### CANCER RISK INCREASED BY ALCOHOL

- Cancers of the mouth, throat, liver, colon and rectum, and breast (in women) are all increased by alcohol.
- The more a person drinks, the higher their risk of developing an alcohol-associated cancer.
- The body breaks alcohol down into a chemical called acetaldehyde. Acetaldehyde damages your DNA and prevents your body from repairing the damage. When DNA is damaged, a cell can begin growing out of control and create a cancer tumor.



### HOW DO I KNOW IF I HAVE A DRINKING PROBLEM?

Drinking is a problem if it causes trouble in your relationships, school, social activities, or how you think and feel. If you are concerned that either you or someone you know might have a drinking problem, talk to your health care provider.



### REFERENCES

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