

HEALTHY HABITS FOR SAFER & SMARTER DRINKING

- **Stay hydrated**
 - Alternate between alcoholic and non-alcoholic beverages throughout the night.
- **Eat a good meal before drinking and nosh while drinking**
- **Prevent over-consumption by avoiding or limiting**
 - pre-game consumption
 - shots
 - drinking games
 - jungle juice
- **Stick to standard drinks like beer or hard seltzers**
- **Measure those mixies!**
 - use a shot glass to measure
 - use the lines on the solo cups to guide standard pours
- **Have a plan, stick with friends and look out for others**
- **Set a limit and stick to it**
 - most students consume less than 5 drinks per occasion
 - you can only process about 1 drink per hour, for women it takes even longer
 - have a plan like only carrying enough money to pay for what you plan to drink, or bringing a set amount with you
 - try tracking consumption like using the "penny trick" or an app on your phone



12 oz = 1 beer

5 oz = 1 serving of wine

1.5 oz = 1 serving of liquor