

the RED CUP Q&A



separating alcohol fact from fiction
EVERY TUESDAY IN THE DAILY WILDCAT

Q How can I have fun when drinking with my friends without the embarrassing stories?

A. The key is to be a “social” drinker, not a “heavy” drinker. Control the alcohol instead of letting the alcohol control you.

When you keep your blood alcohol concentration (BAC) below .05, you are more likely to enjoy time with your friends and less likely to embarrass yourself. You can still drink... just drink *moderately*. For most women, this translates into one standard drink (or less) per hour. For men, a safer level is two standard drinks (or less) each hour. A standard drink is generally considered to be one 12 ounce beer, 1 ounce of liquor (vodka, rum, whisky, etc.), or a 4.5 ounce glass of wine. For an easy way to learn your BAC, go to bloodalcoholcalculator.org

Here are 15 ways to maintain a safer and lower BAC (<.05) while keeping yourself from becoming the butt of jokes (or having mortifying moments show up in photos on cell phones and Facebook):

1. Set a limit on the number of drinks you'll have.
2. Count your drinks until you reach your limit, then stop.
3. Eat a good meal before you drink.
4. Alternate each alcoholic beverage with water or a non-alcoholic beverage.
5. Know the alcohol content of your drink.
6. Avoid shots.
7. Mix your own drinks so you can control the amount of alcohol.
8. Avoid drinking games or contests.
9. Put your drink down between sips.
10. Take sips instead of gulps.
11. Avoid fast drinkers.
12. Ice beverages so that they stay cold longer.
13. Choose lower alcohol content beverages.
14. Bring your own beverages.
15. Get involved in activities (dancing, video games, pool, darts, talking, singing, etc.).



wildfact

“151” rum gets its name from the fact that it is 151 “proof,” containing 75.5% pure ethanol. Regular rums are 35-40% ethanol.



Got a question about alcohol?

Email it to redcup@email.arizona.edu



www.health.arizona.edu

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