

- Never drink on an empty stomach
- Drink slowly. It takes an average of one to two hours to metabolize one beer, one four ounce glass of wine, or one shot of hard liquor.
- If you feel the need to have a drink in your hand, alternate between an alcoholic drink and soda, juice, or other non-alcoholic beverage.
- Dilute your mixed drinks with more club soda, water or juice.
- Know your limit; tolerance is an individual thing.
- Recognize that your judgment is always off when you drink.

## How Many Calories are you Drinking?

BEVERAGE	CALORIES
12 oz. beer	140-150
6 pack	840-900
12 oz. lite beer	95-105
12 oz. Ultra	95
4 oz. wine (red or white)	80-120
1.5 oz. shot	100
7 oz. mixed drink	175
12 oz. blender drink	725

# Calories