Handout: Alcohol Use Information

What is a standard drink of alcohol?

For most people, a standard drink of alcohol takes 60 minutes to be processed by your body.

Even if you have a high tolerance for alcohol, your blood alcohol level (BAL) will remain the same as someone with a low tolerance.

<u>The following can impact how alcohol is processed by your body</u>:

- Gender (men typically process alcohol more quickly than women)
- Body size (smaller individuals tend to process alcohol more slowly)
- Food (food aids in processing alcohol; drinking on an empty stomach is not a good idea)
- Medications (some medications may slow the processing of alcohol)
- Liver health (individuals with liver damage may not process alcohol as quickly)

<u>Tips for safe drinking:</u>

- Plan ahead for how much you intend to drink and keep track of your drinks
- Know how you will get home safely
- Drink slowly and do not do shots or play drinking games
- Alternate alcoholic drinks with non-alcoholic drinks (for example, water)
- You will not always know exactly how much alcohol is in your drink unless you make it yourself (for example, bars might put more alcohol in your drink than you expect)