Whisky Business

What would Rutgers be without the occasional $2 Tuesday, Thirsty Thursday, or 21st birthday celebration at Knight Club? Although drinking in moderation may be safe, the binge drinking often seen on campus can potentially lead to hazardous behaviors and health risks. In addition to painful hangovers and impaired judgment, excessive drinking can have nutritional consequences. Alcohol is more energy dense than carbohydrates or proteins at 7 calories per gram. Those calories can add up quickly which may lead to unwanted weight gain.

Average Calories in Popular RU Alcoholic Drinks

<table>
<thead>
<tr>
<th>Drink</th>
<th>Size</th>
<th>Calories</th>
<th>Alcohol Content</th>
</tr>
</thead>
<tbody>
<tr>
<td>Standard Beer</td>
<td>12oz. can</td>
<td>153</td>
<td>5%</td>
</tr>
<tr>
<td>Lite Beer</td>
<td>12oz. can</td>
<td>103</td>
<td>4.2%</td>
</tr>
<tr>
<td>Box Wine</td>
<td>12 oz. solo cup</td>
<td>300</td>
<td>12%</td>
</tr>
<tr>
<td>Fish Bowl</td>
<td>60 oz. Bowl</td>
<td>2000</td>
<td>alcohol content varies</td>
</tr>
<tr>
<td>Hard Liquor</td>
<td>1.5 oz. shot glass</td>
<td>98</td>
<td>40%</td>
</tr>
</tbody>
</table>

**Think before you drink**

**Time:** Your liver can only metabolize 0.5oz of alcohol per hour. Therefore, the only way to rid the effects of alcohol is with time. So try sipping drinks instead of chugging them.

**Hydrate:** Pre-game with a tall glass of water. Continue to alternate between alcohol and water to avoid dehydration and excessive drinking.

**Intoxication:** Use the buddy system! Even if you only plan on having one drink, always designate a friend who can get you home safely.

**Nutrition:** Never drink on an empty stomach. Drinking on an empty stomach can impair glucose regulation and may result in coma. Fueling up with a good meal of carbohydrates before dinking can slow the absorption of alcohol and may curb late night munchies.

**Know your limits:** Pace yourself by limiting your drinks to just one per hour. Keep this limit in mind to have a good time!

What happens when you mix alcohol with literature?

**Tequila Mockingbird**

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References:

Questions? Post on our Facebook (RU Healthy Dining Team), Twitter (@RUHD), Instagram (@RU_HDT), SnapChat (RU_HDT) or e-mail us at peggyp@dining.edu. Our mission is to educate students about nutrition and encourage them to make healthier food and lifestyle choices. For more info, nutrient analysis and past newsletters, visit our web page at http://food.rutgers.edu.