

Be Aware of Alcohol Consumption During The Holidays!

The air of celebration, social, and family gatherings, can easily lead to alcohol overindulgence. Keep an eye on your own alcohol consumption and that of your friends, family and relatives. Commit to designated drivers, prearranged taxis, and sleepovers at the onset of the event.

Be a responsible and proactive host. When planning the food for your gathering, spend some energy researching non-alcoholic options which will be appealing to guests. Offer non-alcoholic beverage options to discourage overindulgence (sparkling sodas, non-alcoholic beer, spiced cider, non-alcoholic punch etc.)

Focussing your menu around healthy options and including carbohydrates and protein can reduce effects of alcohol on your body.

Five Simple Steps:

1. Set an alcohol limit for yourself before the event. This allows you to pace yourself and know ahead of time when you need to stop drinking.
2. Inform a trusted friend, family member, guest about your limit so that they can help to remind you.
3. Eat a full, healthy meal before drinking any alcoholic beverage. Having food in your stomach slows the body's absorption of alcohol.
4. Drink your alcoholic beverage at a slow pace.
5. Drink water, juice, non-alcoholic beverage in between drinks