



Nutrition and Health Checklist – Tip #4

“I have three or more drinks of beer, liquor or wine almost every day.”

Some health experts say drinking alcohol in small amounts may be good for your health. Health experts also say that too much alcohol can hurt your brain, heart, liver, and other organs, increase the risk of falling, impair driving, and cause problems with medicines. Be wise when it comes to drinking alcohol.

Here are some tips for being wise about alcohol.

If you drink alcohol, be sure to also eat healthy meals.

- Do eat a variety of foods from all the food groups.
- Don't drink alcohol in place of healthy meals.

Ask your doctor if it is OK to drink alcohol with the medicines you are taking. Check both your over-the-counter and your prescription medicines. Alcohol may keep your medicines from working or cause side-effects that harm your body.

If you drink alcohol, then drink in moderation. That means drinking no more than:

- 1 drink per day for women.
- 2 drinks per day for men.

How much is 1 drink?

- A drink of beer is a 12 ounce can or bottle.
- A drink of wine is 5 ounces.
- A drink of liquor is 1.5 ounces (either straight or in a mixed drink).

