**0 DRINKS...**
...if you’re underage, driving, pregnant, take prescription medication, or have other drug dependencies. It is ALWAYS okay not to drink. This is the lowest risk choice.

**1 DRINK...**
...per hour sets the pace for most people. This is about how much your body can process each hour. A drink is 12oz. of beer, 5oz. of wine, or 1.5oz. of hard liquor (80proof). Remember a red Solo cup holds the volume of 1¼ beers, 3 servings of wine or 10 shots.

**2 TIMES PER WEEK...**
...limit drinking to no more than 2 times per week. High-risk drinkers consume alcohol 3 or more times per week.

**3 DRINKS...**
...on *special occasions* is the limit for most people. People who keep to 3 or fewer drinks when they party enjoy the benefits of drinking, while experiencing fewer alcohol-related problems.
What are the guidelines based on?

Numerous studies have found that women who have 4+ drinks in a sitting and men who have 5+ drinks in a sitting are more likely to experience alcohol-related problems, such as:

- Get nauseous and vomit
- Experience a hangover
- Do something they later regretted
- Experience memory loss
- Miss a class
- Perform poorly on an important exam or paper
- Get into an argument or fight
- Be hurt or injured
- Be taken advantage of sexually or take advantage of someone else
- Damage property
- Make the choice to drive under the influence
- Get in trouble with the authorities

WOMEN

A 120-140 pound woman who has 4 drinks in the first hour of a party will have a BAC of about 0.13-0.15g/100mL. At this BAC, her inhibition would be severely impaired. Her motor coordination and reaction time would also be affected. It would be quite easy for her to do something embarrassing or stupid or hurt herself. In contrast, if she had only 1 drink, her BAC would be approximately 0.03-0.04. At this BAC, she would be relaxed, but would maintain most of her judgment.

MEN

A 180-200 pound man who has 5 drinks in the first hour of a party will have a BAC of about 0.09-0.11g/100mL. At this BAC, his inhibition would be severely impaired. His motor coordination and reaction time would also be affected. It would be quite easy for him to do something embarrassing or stupid or hurt himself. In contrast, if he had 2 drinks during that hour, his BAC would be 0.04. In the second scenario he would still feel good but would avoid doing anything he may regret.

TOLERANCE

A higher tolerance puts you at risk. It does not mean that your body gets rid of alcohol at a faster rate. If you have a higher tolerance, then you need more alcohol to feel the same effects as someone with a lower tolerance. The increase in alcohol requires more money, but more importantly, it means you are taking in higher levels of toxins that can significantly damage internal organs such as the liver and brain.

Note that the “3 Drinks Rule” is for special occasions. This is not a daily limit! Research has found that men who drink 3+ drinks on a daily basis and women who drink 1.5+ drinks on a daily basis are at a high risk of Becoming dependent on alcohol. This is one reason the American Medical Association recommends that no more than 1 drink per day for women and no more than 2 drinks per day for men.