



# Alcohol & Moderation



## 5 Tips For Responsible Entertaining

- 1 Designate a bartender** who can serve your guests and keep an eye on how much everyone is drinking.
- 2 Remember—alcohol is alcohol.** It is important to understand that a standard serving of beer (12 ounces), wine (five ounces) and spirits (a cocktail with 1.5 ounces of 80-proof spirits) each contains the same amount of alcohol.
- 3 Make sure that you provide food** to complement your cocktails. Consider food pairings that enhance or contrast the flavor of the cocktails you're serving: fresh seafood accentuates vodka or gin cocktails; smoked meats and even pickled vegetables complement Scotch or Bourbon cocktails; and, citrus-flavored dishes match well with Tequila or Rum cocktails.
- 4 Make available non-alcohol beverages** for your guests. Always provide non-alcohol alternatives such as a festive punch for those guests who choose not to drink alcohol.
- 5 Make sure your guests have a safe way home** either through designated drivers, taxis or a car service. Have local taxi service numbers available for your guests. Consider prearranging a car service or ride app credit for your guests.

[DrinkInModeration.org](http://DrinkInModeration.org)

### What is Moderate Drinking?

The *Dietary Guidelines for Americans*, the official nutrition policy of the United States, defines moderate drinking as consuming up to one drink per day for women and up to two drinks per day for men ([www.health.gov/dietaryguidelines](http://www.health.gov/dietaryguidelines)).

### What Counts as a Drink?

According to the *Dietary Guidelines*, a "drink-equivalent" is defined as 1.5 fluid ounces of 80-proof distilled spirits (40 percent alcohol) such as rum, vodka, gin and whiskey; 12 fluid ounces of regular beer (5 percent alcohol); or 5 fluid ounces of wine (12 percent alcohol). One drink contains 0.6 fluid ounces of alcohol.

Since beer, wine and distilled spirits products may come in different sizes and alcohol content, these clearly defined drink-equivalent amounts are intended to serve as a guide to help consumers.

### Are the Potential Benefits and Risks the Same for Beer, Wine and Distilled Spirits?

Yes. Studies show it is the ethanol (alcohol) in all types of alcohol—distilled spirits, beer or wine—that, when consumed in moderation, is associated with a lower risk of cardiovascular disease, the leading cause of death in the United States.

The Distilled Spirits Council does not recommend that people drink alcohol for potential health benefits. Alcohol abuse can cause serious health and other problems. Even drinking in moderation may pose health risks for some people, and some individuals should not drink at all.



12 oz

1 1/2 oz

5 oz

## Which Contains more Calories—Distilled Spirits, Beer or Wine?

According to the *Dietary Guidelines*, the calorie count for each drink-equivalent is:

- A 1.5 ounce drink of distilled spirits (40 percent alcohol) is 98 calories
- A 12 ounce drink of regular beer (5 percent alcohol) is about 150 calories
- A 5 ounce drink of wine (12 percent alcohol) is about 120 calories

Remember that mixers also contain calories, but sodas, tonics and juices can be substituted with lower or zero calorie versions. Garnishes such as apple or orange slices add color and flavor while keeping the calorie count down.

