



HOLIDAY DRINKING AWARENESS KIT

DURING THE HOLIDAY SEASON MORE THAN
EVER, OUR THOUGHTS TURN GRATEFULLY
TO THOSE WHO HAVE MADE OUR PROGRESS
POSSIBLE. AND IN THIS SPIRIT WE SAY,
SIMPLY BUT SINCERELY...

THANK YOU AND HAVE A SAFE
HOLIDAY SEASON AND A HAPPY NEW YEAR.



FACTS & INFORMATION

WHAT IS MODERATION?



Women

No more than one drink per day



Men

No more than two drinks per day

This limit is based on differences between the sexes in both weight and metabolism.

WHAT COUNTS AS A DRINK?



12 ounces of regular beer
(150 calories)



5 ounces of wine
(100 calories)



1.5 ounces of 80-proof distilled spirits
(100 calories)

This limit is based on differences between the sexes in both weight and metabolism.

Alcoholic beverages supply calories but few nutrients. Alcoholic beverages are harmful when consumed in excess, and some people should not drink at all. Excess alcohol alters judgment and can lead to dependency and a great many other serious health problems. Taking more than one drink per day for women or two drinks per day for men can raise the risk for motor vehicle crashes, other injuries, high blood pressure, stroke, violence, suicide and certain types of cancer.

Even one drink per day can slightly raise the risk of breast cancer. Alcohol consumption during pregnancy increases risk of birth defects. Too much alcohol may cause social and psychological problems, cirrhosis of the liver, inflammation of the pancreas, and damage to the brain and heart. Heavy drinkers also are at risk of malnutrition because alcohol contains calories that may substitute for those in nutritious foods. If adults choose to drink alcoholic beverages, they should consume them only in moderation and with meals to slow alcohol absorption.

Drinking in moderation may lower risk for coronary heart disease, mainly among men over age 45 and women over age 55. However, there are other factors that reduce the risk of heart disease, including a healthy diet, physical activity, avoidance of smoking, and maintenance of a healthy weight.

Moderate consumption provides little, if any, health benefit for younger people. Risk of alcohol abuse increases when drinking starts at an early age. Some studies suggest that older people may become more sensitive to the effects of alcohol as they age.

WHO SHOULD NOT DRINK?

Some people should not drink alcoholic beverages at all. These include:



Children and adolescents.



Individuals of any age who cannot restrict their drinking to moderate levels. This is a special concern for recovering alcoholics, problem drinkers, and people whose family members have alcohol problems.



Women who may become pregnant or who are pregnant. A safe level of alcohol intake has not been established for women at any time during pregnancy, including the first few weeks. Major birth defects can occur, such as fetal alcohol syndrome, can be caused by heavy drinking by the pregnant mother. Other fetal alcohol effects may occur at lower levels.



Individuals who plan to drive, operate machinery, or take part in other activities that require attention, skill or coordination. Most people retain some alcohol in the blood up to 2 to 3 hours after a single drink.



Individuals taking prescription or over-the counter medications that can interact with alcohol. Alcohol alters the effectiveness or toxicity of many medications, and some medications may increase blood alcohol levels. If you take medications, ask your health care provider for advice about alcohol intake, especially if you are an older adult.

ADVICE FOR TODAY

- If you choose to drink alcoholic beverages, do so sensibly, and in moderation.
- Limit intake to one drink per day for women or two per day for men, and take with meals to slow alcohol absorption.
- Avoid drinking before or when driving, or whenever it puts you or others at risk.

(Fifth Edition, 2000, [US Department of Agriculture](#), [US Department of Health and Human Services](#), pp. 36-37.)

TIPS FOR SAFE HOLIDAY PARTIES

Be sure that this year's holidays live up to your expectations. Take care of your friends, your family and yourself by following these simple guidelines.

FOR HOSTS:

- Do not let someone who has been drinking drive. Arrange for him or her to sleep in your home or to ride with a sober driver.
- Provide your guests with an attractive selection of non-alcoholic beverages. Remember that about one-third of all adults in the U.S. abstain from drinking alcohol completely for a variety of reasons. Remember, too, that informed, health-conscious adults whom you know to drink on occasion will prefer non-alcoholic beverages in the following situations:
 1. If they are pregnant or trying to conceive
 2. If they are using medicine of any kind
 3. If they have had difficulty keeping their drinking moderate in the past
 4. If they plan to drive after your party
 5. If they wish for some other reason to avoid any of alcohol's many short-and long-term effects.

- Never serve alcohol to anyone under the age of 21, for whom it is an illegal drug. Remember that your responsibility for drinking by underage guests lasts beyond the time they are in your home. Remember, too, that alcohol-related car crashes are the leading cause of death for 15-to 24-year-olds.
- Provide your guests with nutritious food. Eating will slow alcohol's effects.
- Appoint a bartender to monitor guests' drinking and serve measured, standard drinks rather than doubles or "holiday specials." Guests can better control their drinking when they are drinking amounts with which they are familiar.
- Do not serve alcohol to an intoxicated guest. Offer him or her a non-alcoholic drink, but remember that nothing can "sober up" a person immediately. It takes the human body approximately two hours to metabolize each ounce of alcohol; coffee or a cold shower can only create a wide-awake drunk instead of a sleeping one.
- Choose fruit juices instead of carbonated mixers. Carbonation speeds alcohol absorption.
- Be sure that drinking does not become the primary focus or activity of your party.
- Stop serving alcohol at least one hour before the party ends.

FOR GUESTS:

- Do not drink if any of the following is true:
 1. You are pregnant or trying to conceive
 2. You are using medicine of any kind
 3. You have had difficulty keeping your drinking moderate in the past
- Feel free to refuse alcohol for any other reason, regardless of pressure or encouragement to drink.
- Do not drink if you are a child or adolescent. For anyone under 21, alcohol poses a number of serious health risks. In addition, it is for this age group an illegal drug.
- If you drive, do not drink; if you drink, do not drive. There is no safe level of alcohol for drivers because everyone reacts differently to alcohol on different occasions. If you are going out with others, decide beforehand who will drive on the return trip. Do not ride with drivers who have been drinking.
- Eat before and during occasions when you are drinking.
- If you are a woman, remember that alcohol will have a greater effect on you than it will on a man of your weight.

NON-ALCOHOLIC DRINKS FOR THE HOLIDAYS

Southern Style Eggnog

4 eggs, separated
1/2 cup sugar
1/4 tsp. salt
3 cups milk
1 cup whipping cream
2 tsp. vanilla extract
nutmeg
whipped cream to garnish

While beating egg yolks, gradually add 1/4 cup sugar and salt. Stir in milk and cream gradually. Cook mixture over hot water or over low heat, stirring constantly, until it thickens and coats a metal spoon. Cool. Add vanilla extract and chill thoroughly. Beat egg whites until soft peaks form; gradually add remaining 1/4 cup sugar. Beat the refrigerated mixture until smooth and frothy. Fold in beaten egg whites. Sprinkle with nutmeg and garnish with whipped cream. Makes two quarts.

Sparkling Punch

1 cup unsweetened pineapple juice
1 cup orange juice
juice of two lemons
juice of two limes
11 oz. sparkling water

Mix all ingredients in a pitcher. Pour over ice cubes made of sparkling water. Makes 4 servings.

Banana Delight

2 cups milk
1 ripe banana, sliced
1/4 tsp. nutmeg
1/8 tsp. almond extract

Place all ingredients in a blender. Mix at high speed until mixture is smooth (about 30 seconds). Makes 4 servings.

Ginger Mint

1 whole fresh lime
ginger ale
fresh mint

Squeeze fresh lime juice into a tall frosted glass. Add some ice cubes and fill with ginger ale. Stir, and top with sprigs of fresh mint. Makes one tall glass.

Pink Mist

5 oz. Grapefruit juice
1 oz. Grenadine
2 oz. Pina colada mix
splash of seltzer

Blend ingredients and serve over ice. Garnish with pineapple and cherry. Makes one serving.

Frosty Mocha

1/2 gallon Chocolate ice cream, softened
8 cups coffee, chilled
1 pint half & half
1 tsp. almond extract
1/8 tsp. salt
1 square semi-sweet chocolate, grated
1/4 tsp. ground cinnamon

With mixer at low speed, beat ice cream and 3 cups coffee until smooth. In chilled 5-6 quart punch bowl, stir ice cream mixture, half & half, almond extract, salt and 5 cups coffee until blended. Sprinkle top with grated chocolate and cinnamon. Makes 16 8-oz. servings.

Mistletoe Punch

1 6-oz. can frozen lemonade concentrate, thawed
1 6-oz. can frozen orange juice concentrate, thawed
6 cups water
1/2 cup grenadine syrup
1 quart ginger ale, chilled

Combine all the ingredients, except last two, in a punch bowl. Just before serving, add some ice cubes and gently stir in the ginger ale. Garnish with lemon slice and maraschino cherry. Makes 30 punch cup servings.

Citrus Cider

2 quarts apple cider or apple juice
3 cups water
1 6-oz. can frozen orange-pineapple juice concentrate, thawed
1/2 cup light molasses
4 inches stick cinnamon
1 tsp. whole cloves

Combine cider, water, juice concentrate, molasses, cinnamon and cloves. Simmer for 10 minutes. If desired, float apple slices on top of cider. Makes 24 servings.