



EATING 101 RU DINING HEALTHY?



A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM
A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

Whisky Business

What would Rutgers be without the occasional \$2 Tuesday, Thirsty Thursday, or a 21st birthday celebration at The Knight Club? For those 21 years and older who choose to drink alcoholic beverages, drinking in moderation (1 drink or less per day for women, 2 drinks or less per day for men) is recommended. Partaking in binge drinking behaviors may lead to hazardous outcomes and health risks. In addition to painful hangovers and impaired judgment, excessive drinking can have nutritional consequences. Alcohol is more energy dense (7 calories per gram) than carbohydrates and proteins (4 calories per gram). Those calories can add up quickly which may lead to unwanted weight gain.

Average Calories in Popular RU Alcoholic Drinks



Standard Beer
12 oz. can
149 Calories
5% alcohol



Lite Beer
12 oz. can
110 Calories
4.2% alcohol



Red Wine
12 oz. solo cup
240 Calories
12% alcohol



Margarita
4 oz. glass
168 Calories
alcohol content varies



Hard Liquor
1.5 oz. shot glass
65 calories
40% alcohol

T.H.I.N.K. before you drink

Time: Your liver can only metabolize 0.5oz of alcohol per hour. Therefore, the only way to rid the effects of alcohol is with time. So, try sipping on your drinks instead of chugging them.

Hydrate: Pre-game with a tall glass of water. Continue to alternate between alcohol and water to avoid dehydration and excessive drinking.

Intoxication: Use the buddy system! Even if you only plan on having one drink, always designate a friend who can get you home safely.

Nutrition: Never drink on an empty stomach. Drinking on an empty stomach can impair glucose regulation and may result in coma. Fueling up with a good meal of carbohydrates before dinking can slow the absorption of alcohol and may curb late night munchies.

Know your limits: Pace yourself by limiting your drinks to just one per hour. Keep this limit in mind to have a good time! Remember: If you don't drink, starting is not recommended. Try choosing non-alcoholic drinks instead.

You had me at Merlot!

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References: *Alcohol Topics*. Available at: <https://www.niaaa.nih.gov/alcohols-effects-health/alcohol-topics>. Accessed on: September 22, 2022.

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