

FOOD EFFECTS

Don't drink on an empty stomach. Always eat before you drink, a full meal if possible. Because food delays the passage of alcohol into the small intestine, alcohol is absorbed into the bloodstream more slowly when there is food in the stomach. Substantial food will work better than, say, a tossed green salad. Take advantage of that meal plan. The food may not be the greatest, but it's one place you can get a balanced, full meal.

There isn't a college town in this country that doesn't offer "gourmet cuisine" at every corner. Pizza, sub sandwiches, burgers, spaghetti --great choices.

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FOOD EFFECTS (continued)

The chances are the foods available at the party will be pretty salty. If you get really thirsty, a non-alcohol drink like soda or juice might quench your thirst better than one with alcohol. Remember, alternating alcohol with a non-alcohol drinks works really well.

When drinking at a party, try snacking on foods that are low in salt, like bread sticks or cheese and crackers (hit a vending machine before you leave for the party).

Remember that a 1.5 oz. shot of liquor, a 5 oz. glass of wine, and a 12 oz. can of beer all contain about the same amount of alcohol and, assuming you drink them in the same time period, all will have a similar effect.

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