

# What to do if drinking is unavoidable?



- Avoid drinking regularly
- Do not drink on an empty stomach
- Limit your alcohol intake per day to:
  - ↳ 1 standard drink for women
  - ↳ 2 standard drinks for men
- Choose light beer or wine spritzer, dilute mixers with water
- Avoid craft beer and sweet wine
- Sip your drinks slowly
- Drink plain water for hydration