



“DON'T LET YOUR DRINKING DO YOUR THINKING”

#PLAN

Plan your drink count and your ride home before your night begins. Don't let anyone influence how much alcohol you consume.

#POUR

Pour and measure your own drinks. It can be easy to overpour. Your body needs approx **60-90 min** to process one standard drink.

#COUNT

Track the number of drinks you consume. Know your own limits.

#TIME

Limit yourself to **1 drink per hour**. Pace yourself by alternating your drinks with water/juice/pop.

#BALANCE

Eat before and while you are drinking. Remember you can't chase a night out with a pizza. The alcohol has already been absorbed.

IT'S SIMPLE - TIPS:

drinksmart.ca/tips
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