

TAKE A



Shot Q&A

Q. Beer before liquor, never been sicker. Liquor before beer, you're in the clear. Truth?

A. If you're looking to avoid the bottle flu, there are certain irrefutable rules that will help, like drinking water between alcoholic beverages and pacing your drinks. But this popular theory of consuming liquor before beer is not one of them.

It's not *what* you drink, it's the *amount* of alcohol you drink that really matters. Liquor packs a much more powerful punch, especially to the head. Maybe even a few to the stomach. Why? Because one serving of liquor is only 1.5 oz., making it much easier to consume a lot of alcohol with very little liquid involved, especially compared to a 12 oz. serving size of beer.

However, to all the beer drinkers out there, you aren't completely in the clear. Consuming identical amounts of alcohol from slurping only brewskies will put you at risk for the same after-effects of switching from beer to liquor or vice versa. It's called a hangover. AKA dehydration, nausea, sensitivity to light, sound, and life in general.



**16 oz. water bottle
filled with liquor**



10.6 Beers



Liquor is very deceiving in terms of volume, so keep this chart in mind. Also remember, less is more with alcohol. Maintaining your sweet spot (BAC .02-.06) will produce the strongest buzz and offer all the social benefits people desire without dealing with unpleasant consequences of overconsumption .

MAYFACT:

Over 65% of Mavericks maintained a BAC below .08 the last time they partied.
(NCHA, 2014)



GOT A QUESTION

about substance use?

Email it to: healthservices@mnsu.edu

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Student Health Services
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