

# TIPS FOR A LOWER BAC

- **Set a low-risk limit** and stick to it.
- **Pace & Space** – No more than 1 drink/hour. On average it takes nearly 3 hours to eliminate the alcohol in 2 drinks.
- **Eat before and while drinking** – Alcohol is absorbed into the bloodstream more slowly when there is food (especially protein) in your stomach.
- **Drink water throughout** to keep hydrated and to minimize hangover effects.
- **Avoid mixing alcohol with other drugs** – some over-the-counter, prescription, or recreational drugs can increase the effects of alcohol. Caffeine and other stimulants can trick you into feeling less impaired.
- **Women are more sensitive** to the effects of alcohol than men.
- **Use a non-drinking driver.**

**NOTE:** This card offers general guidance and does not guarantee a specific BAC. Calculations used were developed using normative data, but individuals absorb and metabolize alcohol at different rates.

