

Six Weeks to a **Happy & Healthy** Holiday Season!

Week Two – Healthy Holiday Drinking

It is a great time of year to eat, drink and be merry! Unfortunately, some of us find ourselves overindulging in holiday “spirits” and paying the price for it the next day. Alcohol should be consumed in moderation as it has negative health ramifications when consumed in excess.

Be ready & prepared with these tips & recipes to get you through the holiday season!



- ✓ Be wary if you are not a drinker normally. Those who don’t drink have a very low tolerance for alcohol and can underestimate their level of impairment. Don’t feel the need to drink if you don’t normally simply because it is offered.
- ✓ Offer non-alcoholic drinks to your guests. We have included some great non-alcoholic drink recipes in this week’s newsletter!
- ✓ Ensure food is always offered when alcohol is being served. If you are a guest, eat before and while you are drinking alcohol.
- ✓ Remember that alcohol is a complement and not the purpose of the event! Enjoy your time with family and friends without focusing on alcohol.

DRINK COUNTING METHOD

Blood Alcohol Content
In A One Hour Period



1 oz.
80 - 100
Proof



12 oz.
Beer



6 oz.
Wine

Drinking & Driving

According to Stats Canada, despite a sizable drop in the impaired driving rate since the mid-1980s, impaired driving is still the leading cause of criminal death in Canada. Driving with a Blood Alcohol Concentration (BAC) over 0.08 is a criminal offence. Even a level of 0.05 is enough for an immediate roadside license suspension of 24 hours!

NUMBER OF DRINKS							
QUST. WEIGHT	1	2	3	4	5	6	7
100 LBS	.036	.076	.105	.140	.180	.220	.250
125 LBS	.030	.060	.090	.120	.150	.180	.210
150 LBS	.025	.050	.075	.100	.120	.150	.170
175 LBS	.020	.040	.060	.085	.105	.130	.145
200 LBS	.016	.036	.050	.070	.090	.105	.120
225 LBS	.014	.028	.043	.065	.080	.100	.110

- Arrange a designated driver in advance.
- Spend the night at your host’s home or arrange a hotel room.
- Use a taxi service – some even offer services which will take your car home for an extra fee.
- Know your limit and stick to it. Decide before you arrive at the party how many drinks you will have and spread them out over the course of the evening.

Sleigh Driver

A delightful, warm holiday themed drink to serve your guests!

Ingredients:

1 cup water	1 tbsp ground allspice
½ cup sugar	1 cup fresh cranberries
1 2-in piece of fresh ginger	2 tbsp vanilla extract
3 pears, chopped into bite-sized pieces, divided	1 lemon, halved & sliced
2 quarts apple cider	

1. Combine water, sugar, ginger and 1 pear in a large saucepan. Bring to a boil over medium-high heat, stirring occasionally. Strain out the solids and return the mixture to the pan.

2. Add the remaining pears, cider, lemon and allspice and heat over medium-high heat, stirring often, for 15 minutes.

3. Add cranberries and vanilla and reduce the heat to medium-low (do not boil). Let simmer for 10 minutes more. Serve in heat-safe mugs. Serves 10 (1 cup each).



Nutritional Info (per cup):

Calories: 169	Fat: 0g
Sodium: 2mg	Carbs: 42g
Fibre: 2g	Protein: 0g

Sparkling Holiday Punch

Festive & refreshing with fewer calories & less sugar

Ingredients:

3 cups 100% cranberry juice
2L club soda
Juice of 2 limes
1 kiwi, peeled and sliced
1 orange, thinly sliced
1 cup frozen raspberries
Ice cubes, as needed

1. Place ice into large punch bowl until 1/3 full.

2. Place all ingredients into punch bowl and stir. Makes twelve 1-cup servings



Nutritional Info (per cup):

Calories: 52	Fat: 0g
Sodium: 12mg	Carbs: 13g
Potassium: 78g	Protein: 0g

Sources: www.statcan.gc.ca, www.madd.ca, www.eatingwell.com, www.heartandstroke.com