



KNOW YOUR LIMITS



WITH ALCOHOL

The nice weather can make it tempting to order an alcoholic drink. Remember to drink in moderation and know your limits when it comes to alcohol this summer!

Limits and Guidelines:

- **10** drinks a week with no more than **2** drinks a day for women
 - **15** drinks a week with no more than **3** drinks a day for men
- (Source: www.cclt.ca)



If You Do Drink, Keep These Guidelines in Mind:

- Drink no more than **3** drinks for women and **4** drinks for men on a single occasion
- Increase the time between drinks
- For every alcoholic drink, hydrate yourself with an alcoholic-free drink afterwards like water
- Drink slowly (limit yourself to no more than **2** drinks in any **3 hours**)
- Eat before and while you are drinking
- Drink in a safe environment
- Don't drive!

Non-Alcoholic Grape Pineapple Mint Fizz (6 servings)

Ingredients:

- ½ cup fresh mint leaves
- 1 ½ unsweetened grape juice
- 2 cups unsweetened pineapple juice
- 2 cups carbonated water, chilled
- ice cubes
- fresh mint sprigs (optional)



Directions:

1. Place the 1/2 cup mint leaves in a pitcher. Use the back of a large spoon to lightly bruise the leaves. Stir in grape juice and pineapple juice. Cover and chill for 4 to 24 hours.
2. Strain mint from grape juice mixture and discard. Stir carbonated water into juice mixture. Pour into ice-filled glasses and, if desired, garnish with mint sprigs.

Nutritional Information (1 serving)

Calories:	61	Fiber:	1 g
Sodium:	24 mg	Total Sugars:	13 g

Source: www.diabeticlivingonline.com