



Did you know?

A healthy adult liver can only process 1 standard drink (10gms of pure alcohol) per hour and there is no way to speed this process up.

That's why it is so important to think about SIZE, PACE and SPACE when you drink. Read on to find out more:

SIZE

A standard drink is not always the same as one bottle or glass but every bottle of alcohol sold in NZ must have the number of standard drinks printed on the label, so if you have a can or bottle in your hand, you have the key info you need to make a smarter drinking choice, right at your fingertips!

TIP #1:

Get to know what a standard drink looks like for your favourite tippie.

This standard drink label is telling you how long it is going to take your body to process (aka metabolize) the alcohol in that bottle or can. If it says 1.3 standard drinks, that means it will take you 1.3 hours to process the alcohol in that one bottle. A bottle of Sav Blanc at dinner will be more like 7.4 hours if you drink it alone! That's why it is so important to think before you drink!

Check out our **Standard Drink calculator** or **Interactive Pour** too to see how many standards your drink is packing.



PACE

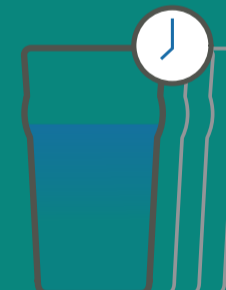
Because the adult liver can only process one standard drink (10gms of pure alcohol) per hour our second tip is to drink slower and allow your body time to process each drink you've have. The more you drink, the more your body and mind will be affected.



Another way to help pace yourself is to make smarter drink choices. The most obvious of these is a regular glass of water or non-alcoholic drink, but even a mid-strength beer (2.5% ABV or less) or lower ABV wine (8%- 9.5% ABV) is going to be better than the full-strength equivalent. They look exactly the same in the glass or bottle, but they take less time to process and your body/mind will definitely thank you for it tomorrow.

TIP #2:

Take a moment now to think about what a reasonable pace is for you to drink at, so you can stay in the zone and last the distance in style.



SPACE

TIP #3:

Think about how you can space your drinks out to make sure you remember the occasion for all the right reasons!

Eating is a great way to do this as it slows your drinking pace and a full stomach helps to absorb some of the excess alcohol while your liver catches up on the processing.



Important note: Eating won't stop you getting drunk but it will mean you feel the effects of alcohol less quickly.

Other options for spacing your drinks might include a dance without a drink in your hand, a game of pool with a mate, some backyard cricket or table tennis at a BBQ or more water/non alcoholic drink substitutes to mix things up. If you want to be the host with the most at your next event, think about what activities you can set up to help make the occasion less about drinking and more about relaxed socialisation and fun.