



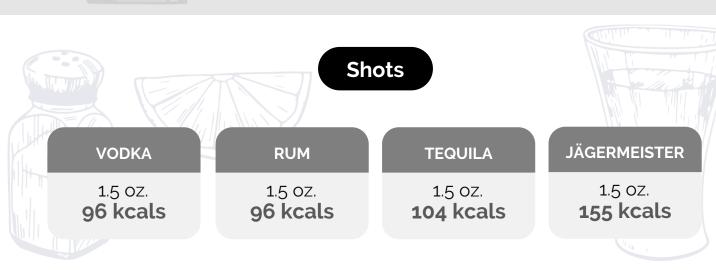
FUN FACTS

- The effects of alcohol on the body occur when ethanol enters our bloodstream and passes through the membranes of cells in your brain, heart, and other organs.
- Muscles absorb alcohol faster than fat. Therefore, people with larger muscle mass and lower body fat have higher alcohol tolerance.

Alcohol is processed in the liver, where

- enzymes help break down ethanol into acetaldehyde and acetate. Binge drinking can lead to hangovers, which
- are caused by chemical byproducts created during alcohol processing.
- Red wine contains resveratrol, a substance which helps control cholesterol, prevent blood vessel damage, and stop blood clots. Therefore moderate red wine drinking is considered to have a healthy effect on the heart.





Cocktails

MIMOSA

2.5 oz orange juice

= 35 kcals

2.5 oz. champagne

= 53 kcals

Total = 88 kcals

OLD FASHIONED

1.5 oz whiskey = 105 kcals

Dash bitters = 4 kcals

Cube sugar

= 9 kcals Total = 88 kcals

VODKA TONIC

1.5 oz vodka = 96 kcals

4 oz tonic = 40 kcals

Total = 136 kcals

RUM & COKE

1.5 oz rum = 69 kclas

4 oz. coke = 46 kclas

Total = 142

GIN & TONIC

1.5 oz tonic = 110 kclas

4 oz tonic

= 40 kclas

GIN MARTINI

2 oz gin = 146 kclas

5 oz. Vermouth

Total = 161

= 15 kclas

DARK & STORMY

2 ozrum = 128 kclas

3.5 oz ginger beer = 44 kclas

Total = 172

Total = 150

2.5 oz = 74 ml5 oz. = 147 ml

OZ TO ML CONVERSIONS

16 oz = 473 ml3.5 oz = 103 ml4 oz = 118 ml 1.5 oz. = 44 ml

https://www.healthline.com/health/facts-about-alcohol https://www.drinkaware.co.uk/understand-your-drinking/unit-calculator

