Moderation is the key to reducing or eliminating negative consequences and keeping BAC (blood alcohol concentration) in a safe range.

**moderation TIPS**
- Pace your drinks
- Set a limit in advance
- Avoid hard liquor
- Eat before drinking
- Keep track of how many drinks you’ve had
- Sip, don’t gulp
- Alternate with non-alcoholic beverages
- Avoid drinking games
- Stop drinking 1-2 hrs. before going home
- Keep your BAC below .05

**resources**
- Appointments: 621-6490
  www.health.arizona.edu
- Counseling and Psychological Services (CAPS): 621-3334
- Brief Alcohol Screening & Intervention for College Students 626-8499
- Health Promotion: 621-5700
- F2F.health.arizona.edu (advice on substance/mental health issues)
- redcup@email.arizona.edu (email for answers to your alcohol questions in the Daily Wildcat)

Want to know how many cheeseburgers you drink? Check out the UA’s e-CHUG self-assessment. (Go to www.arizona.edu and search for “echug”)

**National Institute on Alcohol Abuse & Alcoholism reports increased risk for alcohol-related problems if:**
- men drink 5 or more drinks/episode
- women drink 4 or more drinks/episode