

## **Eat, drink—and be wary**

The holidays are here and that means parties, family celebrations and get-togethers with friends. Often, the festivities include drinking alcohol. While drinking in moderation is okay, it's in your best health interest not to become too "merry."

Moderate drinking is defined by the federal government's *2005 Dietary Guidelines for Americans* as up to one drink per day for women and up to two drinks per day for men. Drinking patterns are just as important as the amount. One to two drinks per day doesn't mean you can drink a "week's worth" of alcohol over a period of a few hours or a few days. The following counts as a drink:

- 12 fluid ounces of regular beer
- Five fluid ounces of wine
- One and one-half fluid ounces of 80 proof distilled spirits

Celebrate better health by tapping all the wellness resources from the Personal Health Manager available to you through Blue Access® for Members at [www.bcbstx.com/trs](http://www.bcbstx.com/trs).

*Source: American Dietetic Association*

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