

**Instructions for Assembly**  
Nutrition of Alcohol Bulletin Board

1. Align and paste the words “Choose Your Own Adventure” across the top of the board. You can also use a different title that you think fits the theme as well. Maybe use colored paper when printing out the words. If you have access, it might look better to cut these words out of construction paper or use the letter cutter.
2. Paste the Exercise Chart, the standard drink pictures with their calorie content, chart of drinks and calories, and other information wherever you would like.
3. Call Katie Bean at WADE if you want more specific information on anything! (610) 660-3462

BUSINESSWIRE COMMERCIAL PHOTO



One “Standard”  
Non-alcoholic  
Beverage

Serving Size:  
8 fl. Oz.

**Calories: 10**



1 “standard”  
Mixed Drink

Margarita  
Serving Size:  
4 oz.  
Calories: **270**



1 “Standard” Shot

Gin

Serving Size:

1.5oz

**Calories: 110**





1 “Standard” Beer

Beer

Serving Size:

12 fl. Oz.

**Calories: 150**

Use this chart to see how much exercise you must do to work off the amount of calories listed. Depending on your current weight, the calories burned will change

<u><a href="#">Activity &amp; Calories done for 10 min.</a></u>	<u>125 lbs</u>	<u>150 lbs</u>	<u>175 lbs</u>	<u>200 lbs</u>
<b>Aerobics (traditional at high intensity)</b>	<b>95</b>	<b>115</b>	<b>134</b>	<b>153</b>
<b>Gardening</b>	<b>41</b>	<b>49</b>	<b>57</b>	<b>65</b>
<b>Racquetball</b>	<b>75</b>	<b>90</b>	<b>105</b>	<b>120</b>
<b>Running (9 min/mile)</b>	<b>109</b>	<b>131</b>	<b>153</b>	<b>174</b>
<b>Shopping</b>	<b>35</b>	<b>42</b>	<b>49</b>	<b>56</b>
<b>Sitting (reading or watching TV)</b>	<b>10</b>	<b>12</b>	<b>14</b>	<b>16</b>
<b>Sleeping</b>	<b>10</b>	<b>12</b>	<b>14</b>	<b>16</b>
<b>Standing (light activity)</b>	<b>20</b>	<b>24</b>	<b>28</b>	<b>32</b>
<b>Volleyball</b>	<b>28</b>	<b>34</b>	<b>40</b>	<b>45</b>
<b>Walking (15 min/mile)</b>	<b>44</b>	<b>52</b>	<b>61</b>	<b>70</b>
<b>Walking upstairs</b>	<b>150</b>	<b>175</b>	<b>202</b>	<b>229</b>

<b>Alcoholic Drink</b>	<b>Calories</b>
Beer, lite, 12 oz.	100
Beer, regular, 12 oz.	150
Frozen daiquiri, 4 oz.	216
Gin, 1.5 oz.	110
Mai tai, 4 oz.	310
Margarita, 4 oz.	270
Rum, 1.5 oz.	96
Vodka, 1.5 oz.	96
Whiskey, 1.5 oz.	105
Wine	49

**Calorie contents for some common alcoholic drinks:**

The low-carb-dieting craze has led to an increased **consumption of diet beverages being used in mixed alcoholic drinks.**

A recent study examined the difference in blood alcohol levels from drinks containing sweetened (regular soda) versus artificially sweetened (diet soda) beverages.

This study found a **significant difference in blood alcohol levels between the two drinks.** In fact, the "diet" beverage mixed with alcohol produced blood alcohol levels that would be considered illegal for driving in many jurisdictions, while comparable quantities of the "regular" beverage mixed with alcohol did not.

# When making mixed drinks, the mixer matters!

Carbonated mixers irritate the stomach lining and the alcohol gets into your bloodstream faster than a standard juice mixer.

Beware of Both Carbonated Mixers and Diet Sodas when mixing with alcohol.

## **Campus Resources**

### Wellness, Alcohol and Drug Education (WADE)

Campion 212

Phone: (610) 660-3462

Website: [www.sju.edu/wade](http://www.sju.edu/wade)

### Student Health Center

Sourin Hall

Phone: (610) 660-1175

### Counseling and Psychological Services (CAPS)

Merion Gardens A504

Phone: (610) 660-1090