

THE CONSUMPTION OF ALCOHOL IS NOT RECOMMENDED

In a joint report released in October 1991 by the U.S. Department of Agriculture and the U.S. Department of Health and Human Services, it was stated:

I. THE CONSUMPTION OF ALCOHOL IS NOT RECOMMENDED!

Alcoholic beverages supply calories but little or no nutrients.
Drinking them has NO net health benefit...
is linked with many health problems...
is the cause of many accidents...
and can lead to addiction.

Their consumption is NOT recommended.

II. IF ADULTS ELECT TO DRINK ALCOHOLIC BEVERAGES, THEY SHOULD CONSUME THEM IN MODERATE AMOUNTS.

Moderate Drinking is Defined as:

For Men: No More than 2 Drinks in a given day!

For Women: No More than 1 Drink in a given day!

III. SOME PEOPLE SHOULD NOT DRINK ALCOHOLIC BEVERAGES AT ALL.

- Children and adolescents.
- Women who are Pregnant or trying to conceive;
- People with a Family History of Alcoholism, including Children of Alcoholics (COAs) and Adult Children of Alcoholics (ACOAs);
- Individuals who plan to Drive or engage in other activities that require attention or skill;
- Individuals using Medicines - even over-the-counter kinds;
- Individuals who CANNOT keep their drinking consistently moderate, or who have an alcohol or other drug problem;

The report also highlights medical dangers of alcohol use including the association of alcohol intake and cancers and other medical problems, and states that drinking is also linked to higher risk for high blood pressure and hemorrhagic stroke.