



HOME HAPPY HOUR

NUTRITION 101

Home Happy Hour

Happy Hour at home can certainly have its perks. It's cheaper, there's always a seat at "the bar" for you, and there's no commuting home afterward. Having said that, it can be easy for happy hour to creep into happy hours when you are at home. This extended time can result in consuming more alcohol and more empty calories than intended.

To avoid overconsumption:

- Keep your unwinding to an allotted time frame. Just like the specials at the bar, limit the drinks to 1-1.5 hour windows.
- Try out a virtual happy hour with friends or colleagues using video chat software. You can enjoy some much-needed socialization and your happy hour will have a true start and end time.
- Choose your beverages wisely.
 - If you are having a cocktail, choose something with club soda or a flavored seltzer. These beverages have less added sugar than a juice-based mixer. You also get a full glass to sip while still keeping with the recommended serving size of liquor (1.5 floz).
 - If you're more into wine, choose a white wine spritzer. These are refreshing drinks that typically have equal parts wine and seltzer. Garnish with citrus, berries, or cucumber.
 - Beer drinkers have it easy with being able to opt for the lighter versions.
 - And of course, don't underestimate the appeal of a good mocktail!

Calories in Alcohol

12 floz Regular Beer 154

12 floz Light Beer 103

1.5 floz Gin (90 proof) 110

1.5 floz Rum (80 proof) 97

1.5 floz Vodka (80 proof) 97

5 floz Wine 123