

the RED CUP Q&A

separating alcohol fact from fiction

wildfact

86% of UA students usually party one night a week or less. (2018 Health & Wellness Survey, n = 5,438)

Do the lines on solo cups actually represent “liquor amounts”?

Although red Solo cups were not made with the intent of using them to measure alcohol serving size, the lines on the cups do indicate various measurements (see image to the right).

When you drink out of a Solo cup, (or any cup), it's hard to know how much alcohol you're consuming. Keep in mind, a standard drink size is 12 oz of beer, 4-5 oz of wine, and 1 oz of liquor.

Measuring your drinks is a good way to moderate; however, it's not always easy. If/when you drink, try these other moderation tips next time:

- Pace yourself and sip slowly – try only one drink an hour.
- Set a lower drinking limit.
- Drink water before, during, and after consuming alcohol.



- Avoid hard liquor, pre-gaming, and drinking games.

If you want to feel more of the positive effects and less of the negative, keep your BAC below .05. Stop at the buzz and you'll thank yourself in the morning.

Got a question about alcohol? Email it to redcup@email.arizona.edu



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