M U M Y T H B U S T E R S

M Y T H

BEER BEFORE LIQUOR... NEVER BEEN SICKER.

B U S T E D

There is no evidence that drinking any type of hard alcohol after beer will have any negative effect. Instead, the negative effect depends on the amount of alcohol consumed, regardless of what form it is in.

Standard drink size:

- 12-ounce can or bottle of beer
- 4-5 ounce glass of dinner wine
- 1-1.5 ounce shot of liquor

There must be truth to the numbers... 82% of MU Students chose beverages with alcohol contents they know, which is an important part of alcohol responsibility. After all, “A drink is a drink is a drink. They’re all the same to a breathalyzer.”

Data taken from 2006 Wellness Survey, N = 1,569.
“Hanson, D.J. “Beer Before Liquor, Never Been Sicker.” http://www2.potsdam.edu

WANT MORE PROOF?


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