

CeSRAC
CENTRE FOR SAFE AND RESPONSIBLE
ALCOHOL CONSUMPTION

Supported by

NRAI
National Restaurant Association of India
Voice of the Indian Restaurant Industry

— Drink in —
moderation

Q. What does BAC stand for?

For the correct answer please visit
www.cesrac.in



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— Never drink —
on an empty stomach

Q. Why not to drink on
empty stomach?

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Drinking water
in between alcoholic
drinks keeps you
hydrated

Q. What is the percentage of
Alcohol in your Drink?

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Consume your drink
no more than
**one drink
per hour**

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— Make sure to —
**pace
yourself**
while drinking

Q. What is a one standard drink?
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Q. What is the limit of BAC in India?
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