

Target Audience

- 16-35 year old Americans

Possible Publications. List at least 2 places where your article could be published. (Names and URL's if applicable.)

- BuzzFeed / Tasty @ <https://tasty.co>
- PopSugar @ <https://www.popsugar.com>
- BoredPanda @ <https://www.boredpanda.com>

Opinion: Buying More Than Two Drinks at a Bar Is a Waste of Money

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The Order

Imagine it is your buddy's birthday. Let's call him Nik. He's turning 24 on Friday. It's not a big one like 21 or 30, but it's a birthday nonetheless. Someone suggests you go out as a group and treat him to drinks around 8:30 (PM, obviously).



Friday comes around and your group of friends are out celebrating at some local joint. Each person orders two glasses of wine. As responsible drinkers, you ask for a few orders of fries to munch on as you sip your drinks and trade stories about Nik's finer points.

The Bill

<u>Running Tab</u>	<u>Bill</u>
Wine (red) x 10	10 x \$5 = \$50
Wine (white) x 2	2 x \$5 = \$10
Fries, garlic x 2	2 x \$5 = \$10
	Subtotal
	\$70
	+ Tip (~ \$15)
	TOTAL
	\$80

Surprise! Even with 'happy hour' prices, the tab is easily *four times more expensive* than it would have been to have everyone over to your house.

Two bottles of wine (there are about six 5 oz. glasses of wine in every bottle) and some chips costs less than \$20. Yet, here you are shelling out the big bucks for Nik's birthday.

Don't get me wrong, there is more to going out with friends than the drinks you buy. It's about the spirit of the bar itself, the lighting, the dancing, your company, and the garlic fries you couldn't make as well as they do even if you tried.

But special occasions should be celebrated with gusto, not with money!

Going out on the town is not cheap. Stick to two drinks to keep costs down. Your bank account will thank you, and Nik won't mind.

The Tip

Still need some convincing?

Limiting yourself to one or two drinks in a day has been related to some pretty cool health benefits, like a lower risk of heart disease and overall death, particularly for people who drink more than 2 days a week (Bagnardi et al., 2008). A recent Danish study also concluded that drinking one drink (for women) or two drinks (for men) a day was associated with a lower risk of developing type II diabetes, compared with those who did not drink (Holst, 2017).

Just to clarify, this doesn't mean you should start drinking in order to lower your risk of diabetes.

It means if you're feeling guilty over those glasses of wine you had with Nik & co., don't! You can pour your wine and drink it, too! (As long as you're only pouring one or two glasses.)

On the flip side, drinking four or more drinks has been linked with a higher risks of multiple types of cancer, stroke, and cardiovascular disease (Åberg et al., 2017). The more you binge drink (aka drink more than four drinks in a day), the more money you are spending for a higher risk of cancer (Xi et al., 2017).

Whether you're celebrating a friend's birthday or unwinding after a long day, stick to one or two drinks. Save money and enjoy the benefits of light alcohol consumption (1 drink a day for women and 1-2 drinks a day for men).

Your bank account isn't the only part of life that needs balance.

Image 1 credit: <https://static.pexels.com/photos/696218/pexels-photo-696218.jpeg>

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