Alcohol Alternatives

“Of all of the substances of abuse (including cocaine, heroin and marijuana), alcohol produces by far the most serious neurobehavioral effects in the fetus.”
- Institute of Medicine, 1996

Alcohol During Pregnancy Facts
- There is no proven safe amount of alcohol during pregnancy.
- ALL alcoholic beverages are harmful, especially during the early months of pregnancy.
- Consequences of drinking during pregnancy include Alcohol Related Birth Defects, Fetal Alcohol Spectrum Disorders, and Fetal Alcohol Syndrome (FAS): these are 100% preventable and the leading known cause of preventable mental retardation.

Caffeine During Pregnancy
- Some studies have shown that large amounts of caffeine (more than 300 mg/day, about 3 cups of coffee) might be associated with heart defects, lower birth weight and an elevated risk of spontaneous abortion.
- The effects of small amounts of caffeine from coffee, tea or soda during pregnancy are negligible.
- Caffeine can be found in a variety of products, including: coffee, tea, soda (e.g., colas, Dr. Pepper, Mountain Dew), energy drinks, aspirin, some cold medicines, and "stay-awake" drugs such as No Doz.

Ideas for Servers and Bartenders
- Offer free non-alcoholic beverages to pregnant women.
- Organize beverage pairings with drinks OTHER than alcohol, such as teas or fruit juices.
- When speaking to a patron about this, refer to the birth defects poster in the bar.
- Be cautious how you determine if a patron is pregnant.

Alcohol Alternatives
- Low or no-caffeine teas such as chamomile and green tea
- Sparkling water
- Fresh gourmet juices
- Sparkling grape juice
- Alternative fermented beverages – non-alcoholic brewed drinks that provide nutritional benefits.
- “Mocktails”- mixed drinks without alcohol such as “virgin” daiquiris or piña coladas.
**Recipes**

**VIRGIN CAESAR:**
Rim glass with lemon juice & celery salt
3 or 4 drops Worcestershire sauce
2 or 3 drops Tabasco
Clamato Juice
1 stick of celery

**MULLED CIDER**
(Serves 6)
12 c. apple cider
1/8 c. orange juice
Peel of 1/2 orange, cut into strips (orange part only)
1 small bay leaf
1/2 T. (packed) brown sugar
1 cinnamon stick
1 whole clove
1 whole allspice
1 T. fresh lemon juice
Pinch of salt
(3/4 c. applejack brandy--optional)

**PLANTER’S PUNCH**
2 dashes bitters
½ t. vanilla extract (preferably Mexican vanilla)
2 T. pineapple juice
2 T. lime juice
2 t. grenadine
3 oz. ginger ale or club soda
Mix & serve over ice.

**SPICY V-8 COCKTAIL**
In a tall glass, mix:
V-8 juice
2 t. Worcestershire sauce
3-5 drops Tabasco
Garlic powder
Freshly ground pepper
Juice of to ¼ lemon
Mix well & add ice

**Source:** Modern Management (http://www.moderation.org/)

For further information regarding this article please contact Kyu Park, M.A., at the Maternal Substance Abuse and Child Development Project, Emory University School of Medicine, Department of Psychiatry and Behavioral Sciences, 1256 Briarcliff Road, N.E., Suite 309W, Atlanta, Georgia, 30306. You can also phone us at 404-712-9829 or visit our website at [http://www.emory.edu/MSACD](http://www.emory.edu/MSACD)

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Resources:
- Non-alcoholic drink recipes: [www.epicurious.com/drinking/nonalcoholic/mocktail](http://www.epicurious.com/drinking/nonalcoholic/mocktail)