

Tips to reduce alcohol intake

Every gram of alcohol you drink contains 29 kJ (7 Cal), which is almost as much energy as dietary fat – 37 kJ (9 Cal). Here are some tips to cut back on alcohol.

- Eat a snack or drink a lot of water before you go out so that your stomach is not empty.
- Make your first drink a large glass of water.
- Drink slowly. Make each drink last.
- Alternate alcoholic and non-alcoholic drinks.
- Dilute wine with plain mineral water.
- Choose a 'mocktail' (non-alcoholic drink) rather than a cocktail.
- Avoid getting in shouts.
- Drink only with meals.
- Before you go out, set the maximum number of drinks you will have.
- Remember, you don't have to finish the bottle!
- When you are out, ask others to cut off the (alcohol) tap when they think you've had enough.
- Choose low-alcohol beers and wines.
- If you drink to relax or reduce stress, try an alternate activity like going for a walk, reading a good book or watching television.

