

Tips for reducing how much alcohol you drink



Have water on the table at meal times

Try a 'spacer' (non-alcoholic drink) between rounds

Pace your drinking

Start drinking later



Take smaller sips and slow down

Drink something non-alcoholic before you go out

Take up a new interest or activity



Diary

Start a drink diary, keeping track of your weekly intake

Change your drink

Take at least two days rest from alcohol a week

Drink for the taste not the quantity

Keep under a daily maximum intake



Don't drink beer and spirits together

Keep under a weekly maximum intake

If you drink spirits, dilute them

Give yourself rewards for success and money saved



Refuse drinks some rounds

Break a habit by giving up completely for a month

If you would like more information or support please contact Sam Wright on **01403 215111** or at **info@horshamdistrictwellbeing.org.uk**
Visit us **www.horshamdistrictwellbeing.org.uk**



The best way to make change is to identify and set the goal you are working towards. If your end goal is clear then you can remain focussed and give yourself the best chance to make change.

**Make your goal SMART -
specific, measureable, achievable, realistic and time based.**

Some people like to set goals based on
units of alcohol or calories consumed.



UNITS
2.3

175ml 13%

STANDARD GLASS OF WINE

93 calories



UNITS
3.3

250ml 13%

LARGE GLASS OF WINE

185 calories



UNITS
1.0

50ml 20%

GLASS OF FORTIFIED WINE (E.G. SHERRY)

78 calories



UNITS
2.3

4%

PINT OF LAGER

227 calories



UNITS
3.0

5.2%

PINT OF STRONG LAGER/BEER

244 calories



UNITS
10

13.5%

BOTTLE OF WINE

682 calories



UNITS
1.9

400ml 3.8%

CAN OF LAGER

167 calories



UNITS
1.4

275ml 5%

ALCOPOP

193 calories



UNITS
1.0

25ml 40%

SINGLE SPIRIT

56 calories