



Reducing your Alcohol Intake

Dinner only drinking

If you like to drink at home and are concerned about the amount of alcohol you are consuming, limit your drinks to dinner. Getting in to this habit means the evening doesn't revolve around alcohol.

Check your measures

It can be very difficult to keep track of how much you drink at home, especially wine. Home measures are often much larger than pubs and restaurants. Invest in a small wine glass (125ml). You may find it easier to spread a bottle out over a few days.

Low alcohol alternatives

Consider trying some low or reduced alcohol alternatives. You could even experiment with mocktails for an even healthier alternative.

Be wary of rounds

If you're looking to cut down but enjoy drinking socially with friends down the pub, avoid rounds. You'll non-longer be committed to drink more alcohol than you'd like to, and you'll also end up saving money.

Commit to change long term

Successful lifestyle changes require willpower, determination and commitment. Set a goal to remind yourself why you are doing this and tell people what you are doing so they can motivate and support you along the way.