

Alcohol

Do I really need to reduce my alcohol intake?

Alcohol consumed in **excess** has many negative health effects including:

- Increasing our blood pressure, blood cholesterol and triglyceride levels
- Promotes unwanted weight gain due its high energy content
- Increased risk of cancer, heart disease, liver damage and dementia

Recommendation: To consume <2 standard drinks/day with 2 alcohol free days per week



TIPS TO TAKE TO HEART:

- ✓ Know your standard drink sizes and read bottles/cans for amount if not sure
- ✓ Swap from full strength to mid or light strength beer
- ✓ Order smaller glass size of beer
- ✓ Consume a glass of water between each alcoholic drink
- ✓ Order wine by the glass rather than the bottle
- ✓ Only pour 100ml standard drink serves into your wine glass
- ✓ Avoiding topping up your glass until you've finished the drink
- ✓ Dilute wine/spirits with soda water or ice
- ✓ Wait until your meal is ready before starting to drink alcohol
- ✓ Schedule 2 days each week to avoid alcohol
- ✓ When **label reading** look for the standard drink symbol:



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