## Drinking Alcohol Sensibly



**Healthy Lifestyles** 

## **Drinking Alcohol Sensibly**

Cutting down on alcohol can help your general wellbeing and have the following benefits:

- Improved sleep quality
- Increased energy
- Improved memory
- Better physical shape
- Save money

## **Guidelines:**

**Both** men and women should limit alcohol consumption to **14 units per week**.

## WHY IS IT IMPORTANT?

Regularly drinking above the lower-risk guidelines increases the risk of:

- High blood pressure
- Cancer
- Liver disease
- Brain damage
- Impaired memory
- Injury

## FIND OUT MORE

For help with drugs or alcohol problems, please contact:

#### Addaction

Tel: 01432 802487

www.addaction.org.uk/services/addaction-

herefordshire

#### **Drinkaware**

www.drinkaware.co.uk

# Drinking Alcohol Sensibly



#### TIPS

Quench your thirst
with non-alcoholic drinks before
alcohol or alternate alcohol
with water to keep hydrated

Have your first drink after starting to eat

### How many calories are in your drink?

Too much booze can really pile on the pounds.

If you drink 10 pints a week, you could be taking on more than 120,000 calories a year.

Two large glasses of wine provides 370 kcal, nearly 20% of women's recommended daily calorie intake or 15% of a man's.

So if you cut back you'll start to feel in better shape!

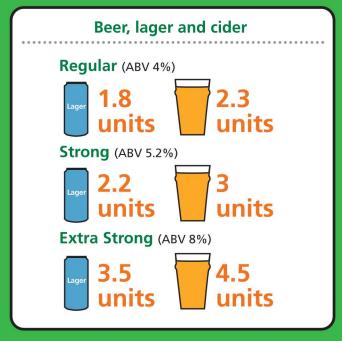
Calories in alcohol		
Drink	Calories (kcal)	Food equivalent
A standard glass (175ml) of 12% wine	126 kcal	1 Cadbury Heroes miniature bar
A pint of 5% strength beer	215 kcal	1 packet of McCoy's salted crisps
A glass (50ml) of 17% Cream liqueur	118kcal	1 Milky Way bar
A standard bottle (330ml) of 5% alcopop	237kcal	3 Lees Teacakes
A double measure (50ml) of 17.5% fortified wine	65kcal	1 Asda Bourbon Biscuit

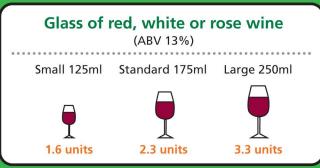
## **MAKE A CHANGE!**

- Try for 2 alcohol free days each week
- If you tend to have a drink at a certain time of day, try to plan other activities and tasks at those times
- Swap your usual for a drink with less alcohol content ("ABV" – this will be on the side of the bottle or can)
- Try a smaller drink a small glass of wine instead of a large one
- Make a plan before you start drinking, set a limit for how much you're going to drink
- Only take a fixed amount of money to spend on alcohol

### Know your units...

Find out how many units are in your usual drink







If you would like more information on the different ways you can adopt a healthier lifestyle, look out for our other leaflets:

- Physical Activity
- Healthy Eating/ Healthy Weight
- Quitting Smoking
- Mental Wellbeing
- Sexual Health
- Dental Health

You can find copies of all our leaflets, along with more information on healthy lifestyles at: www.herefordshire.gov.uk/health-improvement

www.herefordshire.gov.uk/health-improvement

If you need to get online, our county's libraries offer free computer and internet access at most sites.

For more local information about staying healthy visit:

www.wisherefordshire.org

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