

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

Beer, lager and cider

Regular (ABV 4%)



1.8 units



2.3 units

Strong (ABV 5.2%)



2.2 units



3 units

Extra Strong (ABV 8%)



3.5 units



4.5 units

Glass of red, white or rose wine

(ABV 13%)

Small 125ml Standard 175ml Large 250ml



1.6 units



2.3 units



3.3 units

Other drinks (ABV varies)



25ml single spirit and mixer
(ABV 40%)

1 unit

275ml bottle of alcopop
(ABV 5.5%)

1.5 units

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

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

09/2018

Supported by



Choose how you move

www.herefordmove.org

Funded by the Department For Transport

