

10 TIPS WHEN DRINKING ALCOHOL

1. MODERATE YOUR ALCOHOL INTAKE

If you choose to drink, Australian health authorities recommend adults have no more than two standard drinks on any day and no more than four standard drinks on any one occasion. And including two alcohol-free days per week is a good goal.

2. BE 'SIZE AWARE' WHEN IT COMES TO STANDARD DRINKS

One standard drink is any drink that contains 10 grams of alcohol. This is equal to 100mL wine, a can or stubbie of mid-strength beer or a 30mL nip of spirits. With pre-mixed spirits, a can of 5% alcohol drink is around 1.2 to 1.7 standard drinks, and a can of 7% alcohol drink is around 1.6 to 2.4 standard drinks (REF: FARE www.fare.org.au).

3. STAY WELL-HYDRATED

When drinking, try to have plenty of water to avoid dehydration. Have a big glass of water before you head out, or carry a bottle of water in your bag.

4. CHOOSE HEALTHY SNACKS

Many drinkers get the munchies. If you're snacking while drinking, go for healthy options like vegetable sticks or toasted pita breads with tomato-based salsa dip or low-fat hummus. Watch snacking on salty foods as these can make you thirsty, increasing your likelihood of having another drink.

5. UNDERSTAND 'LOW CARB' BEER

'Low carb' beers and wines have recently become popular. Although these are lower in carbohydrate than regular varieties, the alcohol and kilojoule content is often very similar to other types of beer and wine.

6. ALTERNATE ALCOHOLIC WITH NON-ALCOHOLIC DRINKS

Alternate alcohol drinks with non-alcohol drinks, such as water, mineral water or soda water. Add a squeeze of lemon or lime juice, to add variety to these drinks.

7. BE KILOJOULE SAVVY

Alcohol contains no nutrition but plenty of kilojoules! A glass of wine takes 15 minutes of walking to burn off, and a pre-mixed drink around three times as long!

8. AVOID ALCOHOL IF YOU ARE PREGNANT

Australia's alcohol guidelines advise that the safest option for a woman who is pregnant, planning to become pregnant or who is breastfeeding is to not drink alcohol at all.

9. USE SMALLER GLASSES

These days, many wine glasses are oversized, making it easier to overdo the amount you drink.



Eat better, feel better, see an APD!

Make this year the one you commit to achieving and maintaining a healthy weight. Get involved with Australia's Healthy Weight Week and see an Accredited Practising Dietitian (APD) for help with healthy eating. APDs provide science-based food and nutrition advice tailored to your individual needs. Free call 1800 812 942 or visit 'Find an APD' at <http://www.daa.asn.au> to contact your local APD.

Remember, one standard drink equals 100mL (in terms of kitchen measuring cups, this is less than ½ a cup). Ask for a smaller glass, or try a wine spritzer (wine diluted with plain mineral water).

10. PUT YOUR HEALTH FIRST

The more alcohol you drink, the greater the risk to your health. Drinking too much alcohol can damage your liver and brain and may increase your risk of high blood pressure, heart disease and some types of cancer.

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