

## Guidelines:

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

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

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

## Drinking Alcohol Sensibly

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## FIND OUT MORE

For help with drugs or alcohol problems, please contact:

Addiction  
Tel: 01432 802487  
www.addaction.org.uk/services/addaction-herfordshire  
Drinkaware  
www.drinkaware.co.uk

## 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

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](http://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](http://www.wisherefordshire.org)

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 Herefordshire Council

[www.herefordmove.org](http://www.herefordmove.org)  
Funded by the Department For Transport

## Healthy Lifestyles

# 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**