

Alcohol & You

Tips for Mindful Drinking

Moderate alcohol consumption can be part of a balanced lifestyle.

There is no drink of moderation, only a practice of moderation!

By contrast, excessive consumption of any alcoholic beverage (be it beer, wine, spirits, cider or others) can have negative short- and long-term impacts on your physical health and wellbeing.

Hence, for adults who choose to drink, the safest way to do so is in moderation.

Low-Risk Drinking Guidance

“No more than 2 drinks a day & not every day”

Keep in mind:

- No more than 2 standard drinks a day;
 - No more than 10 standard drinks per week;
 - Have some days of the week when you do not drink;
- 0 consumption when underage, pregnant or breastfeeding, when operating machinery, propelled vehicle, engaged in dangerous activities or under medication.

What is a standard drink & how can I measure up?

A standard drink always contains the same amount of ethanol (10g) – regardless of the type or strength of drink.

How can I measure up?

Just to give you an idea, 10g of ethanol equates to the following drinks :

WINE		SPARKLING WINE		BEER		SPIRITS
	=		=		=	
100 ml at 13% vol.		100 ml at 12% vol.		250 ml at 5% vol.		30 ml at 40% vol.

5 Tips for Mindful Drinking

1 - Explore non-alcoholic alternatives!

To enjoy a drink together, you don't necessarily need to consume alcoholic beverages. There are plenty of tasty non-alcoholic alternatives available, try them out! You can also alternate between them.

2 - Always measure up when pouring a drink!

Buy a jigger to measure your spirit drink. If not, find out in your kitchen what equals to 30 ml... e.g., an egg cup would do!

3 - Eat before you drink, pace your drink and alternate with water!

Eating and pacing your drink slows down the rate at which alcohol is absorbed into the bloodstream by keeping it in the stomach longer. Water reduces the dehydration associated with alcohol.

4 - Plan ahead how you're going to get home before you go out!

Never drink-and drive! And always look out for each other!

5 - Be a responsible host at home!

Being a responsible host means to look out for your guests, i.e. to respect alcohol doses, not to impose drinks on your guests, offering sufficient food, water and other non-alcoholic alternatives or calling a cab or offering a bed if you believe a guest is not in a condition to drive.

Together, let's stay #UnitedInModeration!

Find out more at:
<https://responsibledrinking.eu/>

