

# Limit calories from alcohol

If you drink alcohol, you could be taking in hundreds of empty calories every week, leading to a steady, unhealthy weight gain.

**Healthy, low-calorie:** Drink more non-alcoholic, low-calorie beverages (e.g., sparkling water with lemon).

**Drink “spacers”:** Space out alcoholic drinks to make every other one a non-alcoholic drink.

**The company you keep:** Try to avoid or limit being around people who drink a lot of alcohol.

**Helpful distractions:** Find a healthy, distracting activity to do like a hobby or physical activity, if you get the urge to drink.

