



# Plan to drink less

## 3 Steps to Turn this Message into ACTION

### 1. Buy less alcohol:

Replace regular alcoholic drinks with non-alcohol ones:

- Club soda or mineral water
- Fruit-flavored fizzy drinks
- Non-alcohol beer
- Non-alcohol wine
- Unsweetened tea and coffee

Choose reduced-alcohol drinks, but still drink less. Read labels!

- Regular beer has about 5% alcohol. “Lite” and reduced alcohol beers have from 2.4% to 4.2% alcohol.
- Reduced calorie wines have less alcohol and/ or less sugar. Alcohol content is 11% to 13% in regular wine; 2% to 9% in reduced-alcohol wines.

### 2. Plan ways to deal with your drinking triggers:

- First, identify your drinking “triggers.” Examples are certain people, activities, times of day, or feelings. Avoid these triggers as much as you can.
- Plan to handle urges.
  - Have non-alcoholic drinks.
  - Distract yourself with an activity that does not involve drinking.
  - Accept the urge and ride it out. Call or text someone you can express your feelings with.
- Opt out of “drinking games.”
- Practice saying “No thank you.”

### 3. Limit alcohol to limit calories.

Drink	Calories
12 oz. regular beer	About 150
12 oz. lite beer	75-110
5 oz. wine	120
5 oz. low-alcohol wine	About 80
1-1/2 oz. 80-proof hard liquor	125

If and how much you drink is YOUR choice. If you have trouble limiting alcohol, get help from family, friends, and your health care team.

