

Tip sheet for cutting down alcohol consumption

- Drink slowly, sip, don't gulp, take smaller mouthfuls.
- Place glass on the table between each sip. Drink slowly, and concentrate on each mouthful.
- Alternate alcoholic drinks with non-alcoholic spacers.
- If thirsty, quench thirst with water, then have an alcoholic drink.
- Ensure there are plenty of non-alcohol or low-alcohol drinks available for yourself and your friends.
- Eat when, or before you drink as it helps to slow down the rate of absorption.
- Avoid drinking in rounds, or keeping up with your mates. Alternatively, buy the first round then opt out and buy your own drinks from then on.
- Plan your drinking time – begin drinking later and go home earlier.
- Drink a full glass each time and say no to top-ups. This makes it easier to count your drinks.
- Avoid salty snacks, no matter how tempting.
- Limit the number of drinks and money for each drinking occasion. Ensure you have enough food to eat, and taxi money to get home.

Adapted from WAADA, 1995, NSW Health, 2000

Source: NCETA 2003, *Handbook for GPs and other health professionals* Australian Government Department of Health and Ageing, Canberra.