

Some tips for cutting down on alcohol consumption

- Drink slowly, sip, don't gulp, place the glass on the table between sips, and finish your glass before you top-up (so you can count drinks more easily).
- Alternate alcoholic drinks with non-alcoholic ones, or water.
- Offer to be the designated driver when going out.
- Don't buy alcohol in bulk (e.g. avoid buying cases of wine/beer).
- Avoid ordering alcohol online.
- Have your first drink later than usual and finish drinking earlier.
- Eat while you drink, but avoid salty snacks that make you thirsty.
- Decide before you drink the number of drinks and money you will spend on any drinking occasion.
- When out, avoid drinking in rounds.
- Check out the range of low alcohol and alcohol free drinks at the bottle shop and keep some at home.

