

# Tips to Reduce Alcohol Intake



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# Ways to Reduce Your Alcohol Intake



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## Hydrate with water

Quench your thirst with water or another non-alcoholic beverage. Don't use alcohol to quench your thirst.



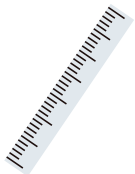
## Choose non-salty snacks

Avoid salty snacks such as potato chips or nuts while drinking alcohol. Salt makes you thirsty and drink more quickly. Eat veggies and dip or unsalted nuts instead.



## Pace yourself

Have a glass of water between each alcoholic drink and space your drinks about an hour apart.



## Measure your drinks

At home, use a shot glass to keep track of exactly how much you're pouring and drinking.



## Set reasonable goals

Try not drinking alone or when stressed. Try scheduling at least two alcohol-free days each week. You're more likely to be successful with goals like these instead of trying to cut out all alcohol immediately.



## De-stress without alcohol

- 1 Get Creative:** try painting, photography, or crafting
- 2 Get Moving:** try walking, dancing, or stretching
- 3 Get Grounded:** try journaling or meditation
- 4 Get Connected:** try this challenge with someone else