

How to reduce your alcohol consumption

If you **DO NOT** drink, congratulations! Keep up the good work!
If you do consume alcohol, remember:

THE LESS YOU DRINK THE BETTER!

Alcohol consumption always involves risk, but there is less risk if you stay under the **low-risk consumption thresholds**

 10 g of alcohol/day  20 g of alcohol/day

1 Know your consumption: calculate how much you drink

How many days do you drink each week? And each month?

How much alcohol do you drink each time you consume alcohol?



2 How many calories does alcohol have?

Exercise to burn it off



1 mug of
beer
500 ml

or



1 glass of
wine
250 ml

or



1 shot
60 ml

140 Kcal



Walking
(5 km/h)



3 Control your consumption

Allocate at least **2 alcohol-free days** during the week



Replace the alcohol

you have at home with other beverages.

Water is the healthiest beverage.



4 Reduce the amount you drink

- **Alternate** between alcoholic and non-alcoholic beverages, and food
- Choose beverages with a **lower alcohol content**
- **Dilute alcoholic beverages with other, non-alcoholic beverages**
- If you are thirsty or doing sports, **drink water** (or other, non-alcoholic beverages); alcohol will dehydrate you
- **Put your glass down.** If you are holding it, you will drink more often
- Use **smaller glasses**
- **Eat before** you start drinking alcohol, and **avoid salty foods** while you are drinking

Consult official sources for information:

<https://estilosdevidasaludable.sanidad.gob.es/en/home.htm>
<https://www.mscbs.gob.es/en/home.htm>

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ESTRATEGIA
PROMOCIÓN DE LA SALUD
Y PREVENCIÓN EN EL SNS



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