





Daily alcohol diary

Information for you

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Introduction

This diary is designed to help you see how much you are drinking. By filling in the details every day, you will be able to see if you have any drinking habits:

- How much do you drink?
- Where do you drink?
- Who do you drink with?
- How much does it cost?

The guide also has tips to help you to reduce your drinking.

The Chief Medical Officers' guideline for both men and women is that:

- You are safest not to drink regularly more than 14 units per week, to keep health risks from drinking alcohol to a low level.
- If you do drink as much as 14 units per week, it is best to spread this evenly over three days or more.

Some facts about alcohol

Alcohol is a depressant drug, and can slow your breathing and heart rate. If you drink too much, you may pass out.

Alcohol speeds up the rate at which your body loses heat. If you are drinking in cold weather, this can lead to hypothermia.

A healthy person takes approximately one hour to eliminate each unit of alcohol, although this can vary from person to person. The only thing that can sober you up is time.

Alcohol reduces your inhibitions. When you are drinking, you are more likely to say or do things that you would not when you were sober. Alcohol causes health harms to both the body and the brain.

How many units of alcohol are in a drink?

- one pint of ordinary beer or lager (4 per cent alcohol content) contains two and a half units of alcohol
- one pint of strong lager (5 per cent alcohol content) contains three units of alcohol
- one 25 millilitres (ml) pub measure of spirits (40 per cent alcohol content) contains one unit of alcohol
- one 175ml glass of wine (12 per cent alcohol content) contains more than two units of alcohol
- one 275ml alcopop (5 per cent alcohol content) contains one and a half units of alcohol
- one litre of ordinary cider (5 per cent alcohol content) contains five units of alcohol
- one litre of strong cider (7.5 per cent alcohol content) contains seven and a half units of alcohol
- one 50ml glass of sherry (17.55 per cent alcohol content) contains one unit of alcohol
- one 50ml glass of port (20 per cent alcohol content) contains one unit of alcohol
- one 700ml bottle of whisky (40 per cent alcohol content) contains 30 units of alcohol
- one 700ml bottle of vodka (37.5 per cent alcohol content) contains 28 units of alcohol

Tips to help you reduce your drinking

- Try to pace your drinking - have a non-alcoholic drink in between alcoholic drinks
- If you are drinking spirits, use mixers to make your drink last longer
- Try to change what you are drinking, as this can change your usual pattern of drinking. Make sure that you do not switch to a stronger drink
- If you are going to drink, make sure you have something to eat. This will make you feel fuller and can help you to drink less
- If you are in a crowd, drink at your own pace. Do not drink in rounds
- Try to drink more slowly - take smaller sips and put your glass down after each sip
- If you do drink as much as 14 units per week, it is best to spread this evenly over 3 days or more

Daily diary

Day _____

Complete the diary every day to monitor your drinking and to identify any habits.

Time	What did you drink?	Where did you drink?	Cost?

Were there any consequences?

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