



## ChooseToLose@Work

### Week 5 – Alcohol & Drinks

#### Aim:

The aim of week 5 is to raise awareness of the impact that drinks and specifically alcoholic drinks can have on weight loss and weight management.



#### Essential topics to cover:

- Welcome participant back
- Ask participant how they felt the previous week went. Did they stick to their goal? If yes, congratulate them. If no, ask them to reflect if the goal was achievable or whether they should consider tweaking it.
- Remind them to set a week 5 goal – encourage them to consider what they are drinking throughout the week.
- Remind participants that forward planning is key to success and making small realistic changes is the key to losing weight in the long term.
- Remember, basic weight loss means less calories in and more calories out.
- Record participant's weight and reflect on any weight change.

#### Top Tips:

1. Alcohol guidelines have recently changed based on emerging research. New guidelines are as follows:

#### On regular drinking:

Men and women should not drink more than 14 units of alcohol per week. If you drink up to 14 units per week, spread this evenly over 3 days or more.

The risk of developing a range of illnesses e.g. cancers increases with any amount of alcohol you drink on a regular basis.

If you wish to reduce your drinking, have several drink free days each week.

#### Units (abv=alcohol by volume).

1 medium glass of wine (175mls @ 13% abv) = 2.3 units

1 pint of beer (568 mls @ 4% abv) = 2.2 units  
 1 standard measure of spirits (25mls @ 40% abv) = 1 unit

1. Encourage participants to track their alcohol in their drinks diary or on the NHS website: <http://www.nhs.uk/livewell/alcohol/Pages/Alcoholhome.aspx>.
2. Try to keep hydrated throughout the day, water is the best option as it has no calories or sugars which can be damaging to your teeth.
3. Did you know a small glass of wine has the same calories as piece of chocolate?
4. You could be getting 193kcal if you have a Mocha or a Cappuccino – try just a standard white with semi-skimmed, skimmed or 1% milk instead.
5. Just one can of lemonade or cola can deliver 140kcal, not to mention that the sugar is really bad for your teeth. Try switching to diet version and save them for a treat.

## Leaflets and posters to display or handout

Some of the resources below are free to download via the links others can be ordered through NHS Forth Valley's [Health Improvement Resource Service \(HIRS\)](#)  
<http://nhsforthvalley.com/health-services/health-promotion/resources-and-design/hirs-library/>

Title	Available from where?
Alcohol Unit / Calorie Calculator	HIRS            ALC 29/L
Cutting down your Drinking a step by step guide includes a Drink Diary	HIRS            ALC 04/L
Drinks Diary	HIRS            ALC 03/L
Rethink Your Drink Scratchcard	HIRS            ALC 14/L
Alcohol Unit Postcard	HIRS            ALC 40/L
Alcohol Factsheet	Visit British Dietetic Association <a href="https://www.bda.uk.com/foodfacts/home">https://www.bda.uk.com/foodfacts/home</a> Scroll down and Choose 'Alcohol'
NHS Choices Weight Loss Guide	Visit <a href="http://www.nhs.uk/Livewell/weight-loss-guide/Pages/weight-loss-guide.aspx">www.nhs.uk/Livewell/weight-loss-guide/Pages/weight-loss-guide.aspx</a> Download Week 5
Fluid Factsheet	Visit British Dietetic Association <a href="https://www.bda.uk.com/foodfacts/home">https://www.bda.uk.com/foodfacts/home</a> Scroll down and Choose 'Fluid'
It's Clear Drink More Water Leaflet.	HIRS            NUT 23/L

## Displays

Title	Available from where?	
What is a unit?	HIRS	ALC 34/K1
Beer Goggles	HIRS	ALC 35/K1

## Useful Websites

For further links to websites and apps visit:

### Choose To Lose... and keep weight off for good!

[www.nhsforthvalley.com/weight](http://www.nhsforthvalley.com/weight)

- **Ready to Take Control?** - Helping you change your old habits and get motivated.
- **Eat Well Feel Great** – Set achievable goals and get tips on healthy eating.
- **Get Active Your Way** – Find an activity that suits you and find out what’s going on in your area.
- **Keep Going** – Top tips on how to stay motivated and maintain a healthy weight and lifestyle.

### NHS Choices – Alcohol

[www.nhs.uk/livewell/alcohol/Pages/Alcoholhome.aspx](http://www.nhs.uk/livewell/alcohol/Pages/Alcoholhome.aspx)

### Drinkaware

[www.drinkaware.co.uk](http://www.drinkaware.co.uk)

### NHS Choices – Water, Drinks and Your Health

<http://www.nhs.uk/Livewell/Goodfood/Pages/water-drinks.aspx>

NHS One You – Drinking <https://www.nhs.uk/oneyou/drinking#k0TceWK7F4myYUFH.97>

## Alcohol Apps

**Drinkaware** have a lifestyle app for smart phones. Calculate the alcohol units and calories in your drinks, review your drinking pattern over time, set your own goals and get further support.

<https://www.drinkaware.co.uk/tools/app/>



NHS One You Apps <https://www.nhs.uk/oneyou/apps/#module-263#j21v1642rLkDRjro.97>

