
Module 10, Lesson 13 Handout: **Tips to Reduce Alcohol Intake**

Alcohol can be a really sensitive subject for some, a no-brainer to avoid for others and a regular part of life for many. Gauge a client's relationship with alcohol during the intake session. The most serious athletes often choose to just stay away from alcohol all together, but this may seem like too big of a challenge or simply unnecessary, depending on the individual and their specific goals.

Drinking a moderate amount of alcohol may work for some athletes, but the key is defining what moderation means. Without doing that, it means nothing. Here are some strategies to help these clients reduce (or maybe eliminate) alcohol consumption.

- Include alcohol in the food journal. Seeing it on paper can help clients realize just how much and how often they drink
- Choose specific alcohol-free days. This can especially help for someone who is typically an everyday drinker
- Set a limit and stick to it. For athletes that's generally going to be one (two maximum!) drinks on evenings they are including alcohol
- Drink alcohol with a meal. Drinks can go down quickly during happy hour, so limit drinking to dinner time to help slow down consumption
- Don't forget the water! Have a glass of H₂O for every alcoholic beverage to help stay hydrated and to slow down alcohol consumption
- Get creative with alcohol-free cocktails. Provide clients with recipes for alcohol-free drinks, or suggest sipping on a festive drink like kombucha or even sparkling water with fresh berries in a wine glass

Example No-Alcohol Cocktail Recipe

Strawberry Ginger Limeade (serves 2)

Ingredients

- 1 1/2 cup strawberries
- 1/2 inch peeled ginger
- Juice of 1 lime
- 4 fresh mint leaves
- Club soda

Directions

1. In a high speed blender, add strawberries, ginger, lime juice and mint leaves. Blend on high until smooth.
2. To each glass with ice, add 3-4 tablespoons of strawberry puree, top with club soda, stir, garnish with fresh mint, and enjoy!