

# Strategies for mindful drinking

These practices help you reduce your alcohol intake, which can make a big difference in your weight loss and wellness.



## 1 Avoid drinking on an empty stomach

It can make it more challenging to make mindful eating-and-drinking choices that positively impact your goals.

## 4 Track your patterns

As you did with eating patterns, get curious and track your alcohol patterns to learn when and why you drink.

## 2 Slow down with spacers

Pace yourself with spacers. These are non-alcoholic beverages you can enjoy between drinks. For example, have a glass of sparkling or still water after having a glass of wine.

## 5 Know your numbers

Be aware of what moderate drinking means.

- For women, moderate is no more than 1 drink a day and 7 per week.
- For men, moderate is no more than 2 drinks a day and 14 per week.

## 3 Consider a mocktail

Mocktails are drinks that are alcohol free and flavor full. Search the Wondr Library for “mocktails” and try one of our non-alcoholic concoctions, like this [strawberry coconut mojito](#), [peach bellini](#), [spicy paloma](#), or [hibiscus sangria](#).

For more tools and info, check out the [\*\*Rethinking Drinking site.\*\*](#)