



British Heart
Foundation
Northern Ireland

Stay Heart Healthy. Taking control of alcohol.

Excessive alcohol consumption can put your health at risk. If you do drink alcohol, it's important to stay within the recommended guidelines and ensure you are having alcohol-free days.

Taking control of alcohol

Many people turn to alcohol to manage tiredness, stress or boredom, but when you regularly drink above recommended guidelines, you put your health at risk.

Drinking plenty of water, eating a balanced diet, staying active and getting enough sleep are all positive steps you can take to feel more energetic and less stressed.

What are the recommended guidelines?

You should not drink more than 14 units of alcohol each week (which is roughly 6 pints of beer or medium glasses of wine) and you should have alcohol-free days each week too. Binge drinking (6 or more units one session), even if it's irregular, can affect your heart health.

Make three small changes

- Set yourself a drink limit at the start of the evening
- Plan two alcohol-free days into your week
- Alternate alcoholic drinks with a glass of water



ACTION

Download the [NHS Drink Less Days](#) app to help manage your alcohol content.



PLAY

How much do you know about calories in alcohol? Test yourself in this two minute quiz.



MAKE

Alcohol-free days can still be fun! Try out these mocktail recipes to jazz things up.



HELP

If you're worried about how much alcohol you're drinking, it's important to talk to someone.

