

Cocktail or Mocktail

RETHINK YOUR DRINK

Get the facts about alcohol and learn what you can do if you choose to drink less or not at all.

One serving of alcohol is:

12 ounces of beer
5 ounces of wine
1½ ounces of 80-proof liquor
8 – 10 ounces of hard seltzer

Moderate drinking means:

2 drinks per day or less for men
1 drink per day or less for women

Alcohol use can impact:

Heart health
Sleep
Weight
Brain health
Liver health

Tips for cutting back:

- Ask or look for mocktails ("zero-proof")
- Pace and space — sip slowly and have non-alcoholic options between drinks
- Avoid triggers that make drinking more likely
- Practice saying, "no, thanks"
- Eat first
- Understand your reasons for drinking
- Set a goal to cut back
- Bring your own non-alcoholic beverages
- Join in on "Dry January" or "Damp January"



No amount of alcohol is risk-free

To learn more about your personal risk, visit the CDC Check Your Drinking Tool:
<https://www.cdc.gov/alcohol/checkyourdrinking/index.html>

.. Make it a Mocktail ..

NO ALCOHOL, ALL THE FLAVOR!



CANTALOUPE COOLER

1 ripe cantaloupe, seeded and cubed
2 ½ cups orange juice
2 Tbsp. sugar
Crushed ice

Blend melon cubes in a blender or food processor with ½ cup orange juice until smooth. Pour into a pitcher and stir in remaining orange juice and sugar. Pour into glasses filled with crushed ice.

Option: try different melons or strawberries instead of cantaloupe

Recipes adapted from USDA MyPlateKitchen.

REFRESHING LEMONADE

1 lemon
¾ cup water
1 Tbsp. sugar

Wash and cut lemon and squeeze out juice. Pour into a glass and add water and sugar. Stir to combine. Serve over ice. Garnish with fresh lemon or lime.

Options: combine lemon and lime juice or lemon and orange juice, use sparkling or seltzer water, or replace the sugar with ¼ cup apple juice concentrate



FLAVORED WATER

Add washed and sliced or chopped melon, berries, or citrus to water for a refreshing beverage. Try:

- Watermelon with lime and mint leaves
- Cucumber with lemon or lime
- Strawberries with kiwi



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WHAT WILL YOU TRY?

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A flavorful and refreshing mocktail recipe



A glass of water after an alcoholic beverage



Look for non-alcoholic options when dining out

If you or someone you care about needs support with problem drinking, help is available from a health care provider, employee assistance program (EAP), the 988 Lifeline (dial 988), or Alcoholics Anonymous (www.aa.org).