

# Tips on cutting down after Dry July

To help you to carry on your good work from Dry July and beyond, here are some practical tips to cut down on the amount of alcohol you're drinking.



Before you start drinking, quench your thirst with a non-alcoholic drink



Drink slowly – have a drink of water with your alcoholic drink



Make every second drink non-alcoholic – this will help space out your drinks



Eat food when you're drinking, but avoid salty foods – these make you thirstier



Know your standard drinks – buy an alcohol measure for your home



Designate at least two alcohol-free days a week



Try to dilute your alcoholic drinks – for example, a shandy (beer with lemonade) or a wine spritzer (wine with mineral water)



Try not to use alcohol as a stress relief. Remember some of the activities you got involved in during Dry July (taking the dog for a walk, chatting to a friend or family member, reading a book, going for a run) and use these as an outlet instead



## What is a standard drink?

One standard drink equals:



=



=



one glass of full strength beer  
@ 4.8% alcohol

one measure of spirits  
@ 40% alcohol

one small glass of wine  
@ 13.5% alcohol

In Australia, a standard drink is **any drink containing 10 grams of alcohol**, regardless of container size or alcohol type (e.g. beer, wine, spirit)

\*Sources:  
[www.alcoholthinkagain.com.au](http://www.alcoholthinkagain.com.au)  
[www.health.gov.au/health-topics/alcohol](http://www.health.gov.au/health-topics/alcohol)

### Important note

Dry July is a fundraising campaign aimed at challenging social drinkers to change their habits for a month and make some healthy lifestyle changes. We would encourage people to drink responsibly and stick to the recommended daily guidelines for the rest of the year. We advise heavy drinkers or people dependent on alcohol to speak with their GP before signing up to Dry July.