

Strategy for sensible drinking.

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People seem confused about sensible drinking messages

Sometimes standard wine glasses were made available, sometimes larger glasses, and sometimes extra wide ones. Don't Forget to Eat For some drinkers, eating food will reduce their craving for alcohol.

Top 7 tips for safe drinking

If you're worried about your drinking, or simply wish to know more, you'll find lots of help and advice at the charity.

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Demographic Characteristics of Down Your Drink Users The self-reported demographic characteristics of the sample are shown in.

RECIPE: Sensible tips bring a winning strategy to healthy eating

Recruitment An off-line advertising campaign was run in September 2001 to coincide with the launch of the Web site and the early part of the pilot study.

Alcohol Study Reveals Tips to Drinking Wine Sensibly

Studies have found that, compared to not drinking, alcohol consumption leads to a 51% increased risk of developing cancers such as cancers of the mouth, oesophagus, stomach, bowel, liver, breast, ovary and head and neck.

Sobering Study: Most Don't Know What 'Sensible Drinking' Is

The idea that binge-drinking is a product of our continuing ambivalence about alcohol is not new, nor restricted to academic researchers. The simplest way is to avoid alcohol during the working week, enjoying a drink or two at the weekend. By this example, children learn that alcohol need not disrupt their lives or serve as an excuse for violating normal social standards.

Tips on cutting down

These focused on their perceptions of what defines binge-drinking; the types of people that most often exhibit such behaviour e. Tip 3: Dilute your drink You can also choose drinks where you can dilute the alcohol but still enjoy it. The typical wine drinker generally consumes 2 or fewer glasses on any given occasion, usually at mealtimes and in the company of family or friends.

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