

Challenge YOURSELF

Drink Wise

DRINK ENOUGH WATER TO STAY HYDRATED.

REDUCE YOUR SUGAR-SWEETENED BEVERAGES INTAKE.

INCLUDE NON-ALCOHOL DRINKING DAYS EVERY WEEK.

NEVER PRESSURE OTHERS TO DRINK ALCOHOL.

KNOW WHAT COUNTS AS A STANDARD "DRINK" SIZE.

WEIGH YOUR OPTIONS WHEN CHOOSING JUICES.

INFORM YOURSELF OF CANADA'S LOW RISK ALCOHOL DRINKING GUIDELINES.

SPICE UP YOUR WATER WITH BERRIES OR CITRUS.

ENTERTAIN YOUR GUESTS WITH ALCOHOL-FREE DRINKS.

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