



Change the Mix: Ten Tips

Choose a healthy mix and try our ten tips to change your drinking habits.

- 1** Don't drink on an empty stomach—eat before and during drinking.
- 2** Set a limit to your drinking time and the amount you want to spend on alcohol.
- 3** Start with a juice or soft drink to quench your thirst.
- 4** Choose light beer or other low-alcohol drinks.
- 5** Drink slowly and don't top up drinks.
- 6** Refill your own glass.
- 7** Have water or other drinks in between alcoholic drinks.
- 8** Pace your drinking to someone who drinks less than you do.
- 9** Do something else while you drink—have a meal; play a game of pool or cards.
- 10** Have regular alcohol-free days each week.

For more information visit www.therightmix.gov.au

