

## Monitoring Alcohol Intake

Whether it's to help manage your lipids, blood pressure or stay at a healthy body weight, here are some ways to limit your alcohol intake:

1. Don't drink every day.
2. Space your drinks out at least one hour apart.
3. Drink water with lemon or lime to satisfy thirst.
4. Try mixing half sugar-free ginger ale and half beer.
5. Have a 'virgin' Caesar, Pina Colada, Strawberry Daiquiri, etc.
6. Choose a non-alcoholic beer.
7. If ordering wine when eating out, order it by the glass not by the bottle.
8. Mix soda water and 100% juice and drink it in a wine glass.

This content is adapted from [www.eatrightontario.ca](http://www.eatrightontario.ca).

### Cider Pomtini

#### Ingredients

- Apple cider 1 cup (250 mL)
- 100% pomegranate juice or 100% cranberry juice 1/2 cup (125 mL)
- Low sodium club soda 1/2 cup (125 mL)

#### Directions

Place apple cider and pomegranate/cranberry juice in a martini shaker and fill with ice cubes. Shake to chill and strain into a martini glass. Top with club soda. Serve.

#### Nutrition Information (1 cup/250 mL):

|                   |                    |
|-------------------|--------------------|
| Calories: 93 kcal | Carbohydrate: 24 g |
| Protein: 0 g      | Sodium: 15 mg      |
| Fat: 0 g          | Potassium: 149 mg  |
| Fibre: 0 g        |                    |



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