

## Alcohol Drink Diary

### What is an alcohol drink diary?



An alcohol drink diary can help you see how much alcohol you drink.



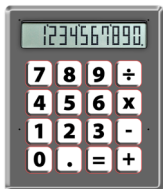
It will show you if you are drinking too much alcohol.

It will help you drink alcohol safely.

### How do I use an alcohol drink diary?



Write in the diary the alcoholic drinks you have drunk each day.



Add up all the alcoholic drinks at the end of the week to see a total for the week.



Check the information in this leaflet to see if you have drunk too much.

## What drinks have alcohol in them?



Beer, lager or cider



Wine



Spirits like whisky and vodka



Alcopops

## What is a unit of alcohol?

People use the word **unit** to say how much alcohol there is in a drink, for example:



1 pint of lower strength beer, lager or cider is 2 units



1 small glass of wine is 1 and a half units

1 big glass of wine is 3 units



1 small glass of spirit such as whisky is 1 unit



1 bottle of alcopop is 1 and a half units

## How many units of alcohol are safe to drink in a day?



Men should not drink more than 3 or 4 units a day.



Women should not drink more than 2 or 3 units a day.

## About this leaflet



The staff member working with you must always talk to you about this leaflet when they first give it to you.



The staff member working with you can also help you with this leaflet whenever you need help.

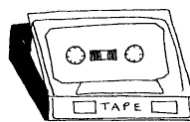
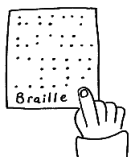


If you have any suggestions to make this leaflet better, please call the Participation and Engagement Team on **01270 848037** or email us on **[centralandeast.participation@cwpa.nhs.uk](mailto:centralandeast.participation@cwpa.nhs.uk)**.

The information in this easy read leaflet should always be discussed with the service user and it should not be provided without support.

A full information sheet about **alcohol drink diary** should also be given to the service user, carer and staff.

This leaflet is available in other languages or formats.





**For more information see [www.cwp.nhs.uk](http://www.cwp.nhs.uk).**

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# Alcohol Drink Diary

 <b>Day</b>	 <b>Type of alcoholic drink</b>	 <b>Number of alcoholic drinks</b>	 <b>Number of units in drink</b>	 <b>Total of all units today</b>
Example	Large glass of red wine	1 drink	3 units	Total for the day was 3 units
				
				
				
				
				
				
				

Total units drunk in the week