

## Your body just said "thank you"

Well done on getting your copy of the Alcoholandyou Mocktail Recipe Pack. This pack includes our top 5 recipes to encourage people to make alcohol-free drinks rather than alcoholic alternatives.

## Why should I swap from alcoholic drinks?

Regularly drinking over the recommended UK guidelines of alcohol can lead to serious health problems, such as:

- **liver disease**
- **cancer of the mouth and throat**
- **stroke / heart attack**
- **breast cancer in women**
- **reduced fertility.**

You can find out more on alcohol and access a range of free tools from our website:

[www.alcoholandyouni.com](http://www.alcoholandyouni.com)



## Pocket UNITS GUIDE

STANDARD DRINK UNITS - VISIT ALCOHOLANDYOUUNI.COM FOR MORE

## How do I keep track?

We keep track of our alcohol intake using UNITS. One unit is 10ml or 8g of pure alcohol. Because alcoholic drinks come in different strengths and sizes, units are a way to tell how strong your drink is.



Pint of beer (4%)  
= 2.3 units



Pint of cider (4.5%)  
= 2.6 units



Spirits vodka/whiskey  
35ml (40%)  
= 1.4 units



Bottle of spirits  
1 litre (40%)  
= 40 units



Small bottle of wine  
187ml (13%)  
= 2.4 units



Bottle of wine  
750ml (13%)  
= 9.8 units



Alcopop 275ml (4%)  
= 1.1 units



Can of beer 330ml (5%)  
= 1.6 units

## So, what should you do about alcohol?

The new UK guidelines recommend the following for both male and female:



## If you are pregnant:

The Chief Medical Officers for the UK recommend that if you're pregnant or planning to become pregnant, the safest approach is not to drink alcohol at all to keep risks to your baby to a minimum.

Drinking in pregnancy can lead to long-term harm to the baby.

## Use your head:

It is also important to be aware that some mocktails are made with carbonated drinks (e.g. fizzy drinks) and fresh fruit juice. These can be high in sugar and acidity, which can damage your teeth and more importantly can lead to weight gain. We urge you to use common sense when it comes to any drink - but using these mocktails is a huge step in the right direction and ultimately will have you reap the health benefits from giving up even a few units a week.



Download our FREE 'Know Your Units' app on [alcoholandyouni.com](http://alcoholandyouni.com)

## Our top 5 mocktail Recipes

Ditch the booze and say hello to health with our 5 refreshingly gorgeous drinks

ALCOHOL and you



no. 1

**Serves: 4**

By Chris Whitehead

## H&W Lemon Cranes

**Ingredients:**

- 500ml Indian Tonic Water
- One lemon
- One Lime
- Two fist fulls of ice

**Method:**

1. Cut the lemon and lime skin off in one long piece with a knife and roll around a straw to make the curls.
2. Juice the lemon and lime.
3. Smash the ice and mix everything.
4. Divide the mix into four glasses and serve with the curls and straws.

**Top tips:**

Decorate the glasses with a fresh chilli, if you dare, or a stick of celery. Add crushed ice to the recipe if you want to serve the drink ice cold



no. 2

**Serves: 4**

By Joe Belfast

## The man in orange

**Ingredients:**

- 500ml Tomato Juice
- 125ml of Cranberry Juice
- Nine drops of Tabasco Sauce (adjust to suit personal preference)
- One lemon

**Method:**

1. Mix the tomato juice, tabasco sauce and cranberry juice together.
2. Cut the lemon in half and squeeze the juice of one lemon into the mix.
3. Divide the mix into four glasses and serve.

**Top tips:**

Decorate the glasses with a fresh chilli, if you dare, or a stick of celery.

Add crushed ice to the recipe if you want to serve the drink ice cold



no. 3

**Serves: 2**

By Katie Greyabbey

## Jawbox Sink

**Ingredients:**

- 150ml of Orange Juice
- 15ml pineapple juice
- 25ml Red Grape juice
- 25ml Pomegranate Juice
- 40g Strawberries
- 40g Blueberries

**Method:**

1. Mix all the juices together in jug, and pour the mixture evenly into two separate glasses. Add strawberries to the blender with 1 tbsp of orange juice
2. Pour the blended mix into each glass. Then pour the blended blueberries into each glass, forming a layer on top.

**Top tips:**

Add the blueberries seperately to the blender with 1 tbsp of orange juice Blend for approx 10-15 seconds to use on the top.



no. 4

**Serves: 2**

By Keith Lisburn

## The red berry

**Ingredients:**

- 300ml orange juice
- 1 One lemon
- 1 One lime
- 1 80g Raspberries

**Method:**

1. Cut both the lemon and lime in half and squeeze the juice into a blender.
2. Add the rest of the ingredients into the blender, and blend until smooth.
3. Divide the recipes between two glasses and decorate with a sprig of mint

**Top tips:**

To remove any lumps or seeds from the fruit, pour the mixture through a sieve into a jug or bowl, before serving into a glass.

You could grate some lemon or lime zest for the drama into each glass for decoration.



no. 5

**Serves: 2**

By Lilly Bangor

## Iced yellow moon

**Ingredients:**

- 200ml orange juice
- 200ml pineapple juice
- Two lemons
- Ice cubes
- Mint leaf (optional)

**Method:**

1. Pour the orange juice, pineapple juice and ice cubes into a shaker and shake!
2. Cut the lemons into halves and squeeze three halves into the mix. Divide the recipe into 2 glasses.
3. Cut the remaining lemon half into two pieces, and place one in each glass. Decorate with a mint leaf and a slice of lemon.

**Top tips:**

You should avoid brushing your teeth within 30mins of drinking or eating acidic foods, as these acids weaken the tooth enamel. Instead try chewing sugar free gum.