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## Healthy Hours: A Better Alternative to Happy Hours

Are happy hours interfering with your health goals? Alcoholic beverages are common at gatherings and events, but there are many reasons to consider opting for non-alcoholic options.



### Non-alcoholic Options

Drinking alcohol beyond moderation, which is defined as up to one drink per day for women and up to two drinks per day for men, can have some serious health consequences if it becomes a pattern. In addition to increased risks of liver disease, excessive alcohol consumption can also strain relationships and lead to other risky behaviors. Alcohol is also a source of empty calories, so if weight loss is one of your health goals, it may be interfering with your progress.

If you are thinking of trading in your cocktails for something healthier, consider this alternative: Mocktails. These glammed up, non-alcoholic beverages generally begin with a base of flat or sparkling water, plus a combination of some of these popular ingredients:

- Fruit: Citrus, berries, peaches, kiwi, apples, watermelon, and juices
- Vegetables: Cucumbers, tomatoes, jalapenos, and celery
- Fresh Herbs & Spices: Spearmint, ginger, sage, and rosemary

Mocktails are a great way to be festive without sacrificing your health. Make it a point to offer at least one non-alcoholic option at gatherings. You never know if one of your guests might be dealing with a health concern.



*Do you worry that you may be drinking too much? Call 1-800-662-HELP (4357) to discuss your concerns confidentially with a specialist at the Substance Abuse and Mental Health Services Administration (SAMHSA). This free national helpline is open 24/7, 365-day-a-year and offers treatment referrals and information for individuals and families struggling with mental and/or substance use disorders.*