

# strategies for success

Discover your own tipping point – and the danger areas it can lead you to. Give yourself the know-how to call time on the impact alcohol has on your weight...

## Danger area 1: drinking more than we intended

The more we drink, the less inhibited we become, so it's no wonder that one glass so easily turns into a bottle... or two. How can Food Optimising help?

- ♥ By sticking within your 10-15 Syns, Food Optimising automatically helps you stay on the right side of your tipping point and safeguard your weight loss.
- ♥ Many members swap high-Syn drinks like lager and cider for long glasses of lower-Syn spirits and diet mixers or white wine spritzers. This way you can enjoy three or four alcoholic drinks across the evening, with Free glasses of diet Coke or slimline tonic in between.
- ♥ Ask for the support of those you spend time with to help you stay this side of your tipping point – decide then let them know how many drinks you're planning to have – and what you'll have between drinks or after that point. They may even join you!



## Danger area 2: eating more – and less healthy – than we intended

Many of our members say planning ahead is the key to staying on track.

- ♥ Enjoy a filling Food Optimising meal before you go out to help line your tummy and keep you feeling fuller for your night on the town.
- ♥ If you're eating out, steer towards the lower-Syn, Free Food packed options. Take a look at LifelineOnline's 'eating out' feature for tips.
- ♥ Instead of heading for the chippy or kebab shop on the way home, have something Free and filling on the stove, ready to warm up as soon as you get home – delicious and tempting food from chilli con carne or curry to slow cooker stew!



beef ragu pasta bake, scan the QR code to check out the recipe online



## Danger area 3: healing the hangover with high-Syn food

Again, planning ahead is the key, and there's a wealth of Free or low-Syn comfort food to help you handle your hangover the Food Optimising way. With a fridge and cupboard stocked with your go-to 'morning after' favourites – whether that's homemade mac and cheese, bacon and eggs, Marmite on wholemeal toast, a sliced banana in a wholemeal sandwich! – you'll start the day on track and feel all the better for it!

To find your tipping point, visit [www.slimmingworld.com/alcohol](http://www.slimmingworld.com/alcohol) then search LifelineOnline's useful features for 'alcohol' for more tips, recipes and shared ideas.

# alcohol & your weight

understanding the  
'tipping point'



**drinkaware.co.uk**  
for the facts

**Slimming**  
WORLD  
touching hearts, changing lives

## what's your tipping point?

Over the last 30 years, our drinking habits have changed a lot. Many of us, especially women, drink more alcohol these days, at home and when we're out. And why shouldn't we enjoy a drink? We work hard, so it's nice to get home, put the kids to bed and open a bottle of wine, or have a few drinks with friends at the weekend.

While we hear a lot about the health issues linked to alcohol, little is said about the link between alcohol and weight gain – yet how much we drink has a **big** impact on our weight, in many ways.

## discovering the 'tipping point'

As well as the calories in alcohol (which are often higher than we realise, and don't fill us up like the calories in food), recent research by Slimming World has revealed that having just slightly too much alcohol (reaching what we call our 'tipping point') can tip us into drinking and eating far more than we ever intended... and as a result, impact **hugely** on our weight.

The average 'tipping point' for the men we surveyed was just under 4 pints of beer and for women just over 2½ glasses of wine... that's **very** easy to reach, and our research shows that more than half of us pass that point at least once a week.

## tipping us towards weight gain

The survey showed us that after our tipping point, when our inhibitions weaken and our best intentions fade to a distant memory, on average:

- we drink an **extra 1,476 calories** (the equivalent of almost two bottles of wine) and...



- we eat almost **3,000 extra calories** as we go for the high fat, alcohol-soaking late night snacks (chips, pizza, burgers, kebabs) then...



- the next morning – when we're feeling a little worse for wear – we reach for high fat, high sugar food to make us feel better... consuming another **2,000 calories** in the process.



- If we had planned to do any exercise the next day, that often goes out of the window too.

That means that over those 24 hours, we can consume almost 6,500 more calories than we intended... stacking up to almost 2lbs weight **gain** each time. That could add up to over 7 stones in a year!

So if we're trying to **lose** weight, it makes the following four or five days a massive uphill struggle trying to make up for the weekend we've just enjoyed. We've got an **extra** 2lbs to lose before we even start!

## FAST FACT

*Alcohol decreases our inhibitions, so in addition to the calories we consume in alcohol, we're oh so **easily** tempted to eat the high calorie foods we love! What's more, alcohol actually **stimulates** our appetite. So, the more we drink, the more we're compelled to eat!*

## a triple measure of good news

Our research shows that there's good news for Slimming World members...

**86%** of members surveyed told us that they can still enjoy a drink **and lose weight**, using their Syns as a safety net.

**92%** said that, since joining Slimming World, they've discovered ways to cut down on their booze **without cutting down on the fun**.

**88%** of members said that they'd **learned new ways** to make healthier food choices after drinking alcohol.

