

6 Unique Ways To Cut Back On Drinking (But Still Have Fun)

By: Julia Sullivan

Thanks to motivational workout posts on Instagram and celebrity-endorsed detox teas, dieting has become more mainstream—and dare we say, bearable?—than ever. Today, the popularity of healthy, natural eating, and strong, real women's bodies, has given way to a number of innovative, tasty and hassle-free meal prep methods.

While making the switch from white bread to sweet potato or cheeseburgers to tilapia might not seem so painful, there tends to be one part of a meal plan that doesn't go down as easily as the rest: booze, or a lack thereof.



At the outset, drinking the hoppy or hard stuff doesn't seem all that bad: 153 calories in a beer, 125 in a glass of wine, 124 calories in a martini. However, while alcohol on its own is less fattening than many other foods and beverages, you're not just guzzling one 150-calorie beer. More often than not, you're having several. And calories aside, booze is one of our favorite ways to indulge and socialize with others, a liquid facilitator of get-togethers, awkward work happy hours and fun nights out.

Alcohol has cemented itself into American culture, so it should come as no surprise that ditching drinking entirely can be especially difficult. But as the nutritionists we interviewed for this piece all agreed, slashing copious beer, wine and spirits is critical if you want to be healthier overall.

Lucky for us, those same nutritionists also admitted that boozing isn't all bad. You just have to consume it the right way. Here are six key tips for watching your alcohol intake while still having fun.

Rely on science for a bigger buzz

According to Dr. Gabrielle Francis, naturopathic doctor in New York City, certain mixers might actually boost alcohol's potency, resulting in a bigger buzz and, subsequently, the need to consume less for the same effect.

"While it's known that alcohol can be rough on the liver, what's less known is that certain substances impact how the organ metabolizes it," she explains. "For example, grapefruit contains naringenin, which slows the detox of alcohol from the liver. Therefore, the alcohol stays in your blood longer, making the formula simple: grapefruit + spirits = bigger buzz. You only need to drink half as much to get the same effect."