

For more information contact your local
Health Promotion Office:

THE GREAT MOCKTAIL GUIDE

*FUN AND TASTY DRINKS
WITHOUT ALCOHOL!*



DRINKING GUIDELINES FOR ANY OCCASION

For these guidelines, “a drink” means:



Beer
341 ml
(12 oz.)
5%
alcohol
content



Cider/Cooler
341 ml
(12 oz.)
5%
alcohol
content



Wine
142 ml
(5 oz.)
12%
alcohol
content

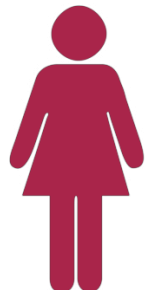


**Distilled
Alcohol**
43 ml
(1.5 oz.)
40%
alcohol
content

3 Drinks per day
15 per week
for men



2 Drinks per day
10 per week
for women



Reduce your risk of injury and harm by drinking no more than 3 drinks (for women) or 4 drinks (for men) on any single occasion.

Plan to drink in a safe environment. Stay within the weekly limits outlined above.

Adapted with permission from the Canadian Centre on Substance Use and Addiction

RESOURCES

Canada's Low-Risk Alcohol Drinking Guidelines **Canadian Centre on Substance Abuse and Addiction**

www.ccsa.ca/Eng/topics/alcohol/drinking-guidelines/Pages/default.aspx

Canada's Low-Risk Alcohol Drinking Guidelines **Centre for Addiction and Mental Health**

www.camh.ca/en/hospital/health_information/a_z_mental_health_and_addiction_information/alcohol/Pages/low_risk_drinking_guidelines.aspx

Strengthening the Forces: The CAF's Health Promotion Program

<http://cmp-cpm.mil.ca/en/health/caf-members/health-promotion.page>

Addiction Awareness and Prevention

www.canada.ca/en/government/publicservice/benefitsmilitary/health-support/staying-healthy-active/addiction.html

HOT MULLED TEA

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Makes: 4 servings

Ingredients

- 2 Tea bags (black tea, rooibos, green tea or decaffeinated herbal berry tea)
- 1 Cinnamon stick
- 5 Whole cloves
- 1/2 Vanilla pod (optional)
- 1 L (4 cups) Boiling water, plus more for warming the tea pot

Directions

Place a small amount of boiling water in the tea pot to warm it up. Discard.

Add tea bags, cinnamon, and cloves to the tea pot and add the 1 L (4 cups) of boiling water.

Let steep for 3 to 5 minutes and remove the teabags.

Let steep for 2 minutes longer and serve immediately.

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Nutrition Information (Per serving)

Calories: 2 kcal, Fat: 0 g, Carbohydrate: 1 g,
Fibre: 0 g, Sodium: 7 mg, Potassium: 88 mg

KNOW YOUR LIMITS & SAFE DRINKING TIPS

When zero's the limit

Do not drink when you are:

- ◆ driving a vehicle or using machinery and tools
- ◆ taking medicine or other drugs that interact with alcohol
- ◆ doing any kind of dangerous physical activity
- ◆ living with mental or physical health problems
- ◆ living with alcohol dependence
- ◆ pregnant or planning to be pregnant
- ◆ responsible for the safety of others
- ◆ making important decisions

Safer drinking TIPS:

- ◆ Set limits for yourself and stick to them.
- ◆ Drink slowly. Have no more than 2 drinks in any 3 hours.
- ◆ For every drink of alcohol have one non-alcoholic drink.
- ◆ Eat before and while you are drinking.
- ◆ Always consider your age, body weight and health problems that might suggest lower limits.
- ◆ While alcohol may provide health benefits for certain groups of people, do not start or increase your drinking for health benefits.

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SPARKLING SANGRIA

Preparation time: 10 minutes

Makes: 8 servings

Ingredients

- | | |
|-----------------|--|
| 2 cups (500mL) | Sliced apples, oranges, strawberries and frozen grapes |
| 1.5 L (6 cups) | 100% Grape juice |
| 2 cups (500 mL) | Sparkling water |

Directions

Place sliced fruit and grapes in a large pitcher.
Add grape juice until pitcher is three quarters full.
Top up with sparkling water.
Serve and enjoy!

Nutrition Information (Per serving)

Calories: 133 kcal, Fat: 0.3 g, Carbohydrate: 33 g,
Fibre: 1 g, Sodium: 11 mg, Potassium: 253 mg

HOLIDAY PUNCH

Preparation Time: 10 minutes

Makes: 12 cups

Ingredients

- | | |
|-----------------|-------------------------|
| 3 cups (750 mL) | 100% Cranberry juice |
| 2 L (8 cups) | Low sodium club soda |
| 2 | Limes, juiced |
| 1 | Kiwi, peeled and sliced |
| 1 | Orange thinly sliced |
| 1 cup (250 mL) | Frozen raspberries |
| As needed | Ice cubes |

Directions

In a large punch bowl, combine all ingredients.
Pour punch over ice and serve.

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Nutrition Information (Per serving)

Calories: 52 kcal, Fat: 0 g, Carbohydrate: 13 g,
Fibre: 1 g, Sodium: 12 mg, Potassium: 78 mg

CIDER POMTINI

Preparation Time: 5 minutes

Makes: 2 servings

Ingredients

- 1 cup (250 mL) Apple cider
- 1/2 cup (125 mL) 100% Pomegranate juice or 100% Cranberry juice
- 1/2 cup (125 mL) Low sodium club soda

Directions

Place apple cider and pomegranate or cranberry juice in a martini shaker and fill with ice cubes.

Shake to chill and strain into a martini glass.

Top with club soda and serve.

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Nutrition Information (Per serving)

Calories: 93 kcal, Fat: 0 g, Carbohydrate: 24 g,
Fibre: 0 g, Sodium: 15 mg, Potassium: 149 mg

CRAN-APP SPARKLER

Preparation Time: 5 minutes

Makes: 2 servings

Ingredients

- 2 cups (500 mL) 100% Cranberry juice
- 1 cup (250 mL) 100% Apple juice
- 1 cup (250 mL) 100% Orange juice
- 1 can (355 mL) Diet Ginger ale
- 1/4 cup (60 mL) Frozen cranberries
- 8 Apple slices

Directions

Place frozen cranberries and apple slices in a large pitcher.

Add juices and ginger ale.

Mix and serve.

Adapted from: <https://sweetscdesigns.com/cranberry-apple-sparklers-cocktail-mocktail/>

Nutrition Information (Per serving)

Calories: 259 kcal, Fat: 0.7 g, Carbohydrate: 66 g,
Fibre: 2 g, Sodium: 26 mg, Potassium: 590 mg

PINEAPPLE & CUCUMBER SPRITZER

Preparation Time: 5 minutes

Makes: 4 servings

Ingredients

- 1 cup (250 mL) 100% Pineapple juice
- 4 cups (1 L) Sparkling water
- 1/4 cup (60 mL) Cucumber, sliced
- Ice

Directions

Mix pineapple juice with sparkling water and add cucumber slices.

Add ice just before serving.

Adapted from: <http://www.insonnetskitchen.com/pineapple-and-cucumber-spritzer/>

Nutrition Information (Per serving)

Calories: 133 kcal, Fat: 0.3 g, Carbohydrate: 33 g,
Fibre: 1 g, Sodium: 4 mg, Potassium: 91 mg

HAIL CAESAR!

Preparation Time: 5 minutes

Makes: 3 servings

Ingredients

- 3 cups (750 mL) Low sodium V8
- 1 tsp Horseradish
- 1 tsp Reduced sodium Worcestershire sauce
- 1/2 tsp Hot sauce
- 3 Lemon slices
- Ice

Directions

Mix first 4 ingredients in a small pitcher.

Serve over ice.

Garnish with lemon slices.

Nutrition Information (Per serving)

Calories: 57 kcal, Fat: 0.3 g, Carbohydrate: 13 g,
Fibre: 2.4 g, Sodium: 207 mg, Potassium: 495 mg