



Health Promotion  
**STRENGTHENING THE FORCES**  
**ÉNERGISER LES FORCES**  
Promotion de la santé

HEALTH PROMOTION KINGSTON

# MOCKTAIL GUIDE



**Fun and tasty drinks  
without alcohol!**



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# SPARKLING SANGRIA

Preparation Time: 10 minutes

Makes: 8 servings

## Ingredients

- |                 |  |
|-----------------|--|
| 2 cups (500 mL) | Sliced apples, oranges, strawberries and frozen grapes |
| 6 cups (1.5 L)  | 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



## 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.

### 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
As needed	Ice

## Directions

Mix pineapple juice with sparkling water and add cucumber slices.

Add ice just before serving.

## Nutrition Information (Per serving)

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





## HAIL CEASAR!

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
As needed	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

## 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.

### Nutrition Information (Per serving)

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

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## HOLIDAY PUNCH

Preparation Time: 10 minutes

Makes: 12 servings

### Ingredients

3 cups (750 mL)	100% Cranberry juice
8 cups (2 L)	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

### Directions

In a large punch bowl, combine all ingredients.

Pour punch over ice and serve.

### Nutrition Information (Per serving)

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

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## 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)
- 4 cups (1 L) 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.

Nutrition Information (Per serving)

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

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## UNIT POP-UPS

Invite Health Promotion into your unit!  
Health Promotion can provide education through interactive fun initiatives such as Mocktails, yard games and more!!

**CLICK TO INVITE US TO YOUR UNIT!**



## RESOURCES

CANADA'S GUIDANCE ON ALCOHOL AND HEALTH

CENTRE FOR ADDICTION AND MENTAL HEALTH

ADDICTION AWARENESS AND PREVENTION (DND)

STRENGTHENING THE FORCES: THE CAF'S HEALTH PROMOTION PROGRAM

ALCOHOL, OTHER DRUGS, GAMBLING & GAMING SUPERVISOR WORKSHOP

STANDARD DRINK CALCULATOR



# Drinking less is better

We now know that even a small amount of alcohol can be damaging to health.

Science is evolving, and the recommendations about alcohol use need to change.

Research shows that no amount or kind of alcohol is good for your health. It doesn't matter what kind of alcohol it is—wine, beer, cider or spirits.

Drinking alcohol, even a small amount, is damaging to everyone, regardless of age, sex, gender, ethnicity, tolerance for alcohol or lifestyle.

**That's why if you drink, it's better to drink less.**

## Alcohol consumption per week

Drinking alcohol has negative consequences. The more alcohol you drink per week, the more the consequences add up.

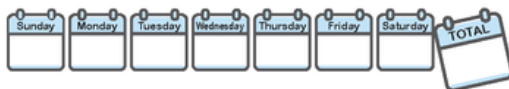


## Aim to drink less

Drinking less benefits you and others. It reduces your risk of injury and violence, and many health problems that can shorten life.

### Here is a good way to do it

Count how many drinks you have in a week.



Set a weekly drinking target. If you're going to drink, **make sure you don't exceed 2 drinks on any day.**

### Good to know

You can reduce your drinking in steps! Every drink counts: any reduction in alcohol use has benefits.

## It's time to pick a new target

What will your weekly drinking target be?



### Tips to help you stay on target

- Stick to the limits you've set for yourself.
- Drink slowly.
- Drink lots of water.
- For every drink of alcohol, have one non-alcoholic drink.
- Choose alcohol-free or low-alcohol beverages.
- Eat before and while you're drinking.
- Have alcohol-free weeks or do alcohol-free activities.