

Alcohol

Weekly lower risk limits

Alcohol is not needed for health

Alcohol is not recommended for young people under 18 years

Alcohol is not recommended for pregnant or breastfeeding women

Alcohol contains calories and may promote snacking.

Women age 18–51+

11 standard drinks

110g alcohol over a week

Men age 18–51+

17 standard drinks

170g alcohol over a week

No safe limit for alcohol use by under 18s.
Have 2–3 alcohol free days a week.

What is 1 standard drink?

One standard drink contains

Calories

100–150

Pure Alcohol

10g

Examples of one standard drink



½ pint beer or lager



Small glass wine



Single measure spirit