

Alcohol guidelines

ALCOHOL
CHANGE^{UK}

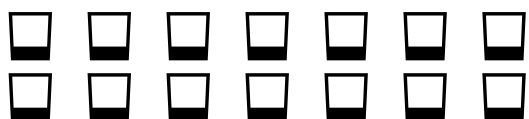
14
units
per week



For men
and women

To keep health risks from drinking alcohol to a low level, men and women should not exceed 14 units per week and it is advisable to **spread your drinking over three days** or more.*

This is what **14 units** looks like...



14

single measures of spirit

(25ml) 40% ABV

or



6

glasses of wine

(175ml) 13% ABV

or



6

**pints of ordinary strength
beer/lager/cider**

(568ml) 4% ABV

ABV = Alcohol by volume

Remember the drinks you pour at home may be **larger** than the measures used in pubs.

If you are **pregnant**, the safest approach is not to drink alcohol at all, to keep risks to your baby to a minimum.



If you have any concerns about your alcohol consumption, visit **www.alcoholchange.org.uk** or speak to your GP.

* Department of Health, UK Chief Medical Officers' Low Risk Drinking Guidelines, August 2016

Registered charity number 1140287 Company limited by guarantee in England and Wales number 7462605