

Low-risk drinking guidelines



Men and women should not regularly drink more than **14 units per week**



14 units is the equivalent of



6 pints
of beer

(4% abv, 568ml)

or



6 glasses
of wine

(13% abv, 175ml)

or



14 shots
of a spirit

(40% abv, 25ml)

Avoid alcohol when pregnant or trying to conceive

It's best to spread this evenly across the week rather than drinking all at once. Having several alcohol-free days each week is a good way to cut down.

Guidelines To Safe Drinking

RC Schank



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