

COULD YOUR DRINKING BE PUTTING YOUR HEALTH AT RISK?



PINT OF
LAGER
4% ABV

2.3 UNITS



PINT OF
BITTER
5% ABV

2.8 UNITS



PINT OF STRONG
BEER/LAGER/CIDER
5.2% ABV

3 UNITS



500ml
CAN OF LAGER
3.8% ABV

1.9 UNITS



750ml BOTTLE
OF WINE
13.5% ABV

10 UNITS



175ml GLASS OF
RED OR WHITE WINE
13% ABV

2.3 UNITS



250ml GLASS OF
RED OR WHITE WINE
13% ABV

3.3 UNITS



50ml GLASS OF
FORTIFIED WINE
(E.G. SHERRY) 20% ABV

1 UNIT



25ml SINGLE SPIRIT
AND MIXER
40% ABV

1 UNIT



50ml DOUBLE SPIRIT
AND MIXER
40% ABV

2 UNITS



275ml BOTTLE
OF ALCO-POP
5% ABV

1.4 UNITS



50ml DOUBLE IRISH
CREAM LIQUEUR
20% ABV

1 UNIT

Health harms

Whether it's a few beers in front of the TV or a couple down the pub, many of us like to have the occasional drink. But research shows that drinking too much on a regular basis has serious health risks and can play a role in more than 60 different medical conditions including:

- **Cancer**
- **High blood pressure**
- **Cirrhosis of the liver**
- **Heart disease**
- **Stroke**

The NHS recommends men should not regularly drink more than 3-4 units a day and women no more than 2-3. Regularly drinking above this level means you're at an increasing or high risk of developing an alcohol-related illness.

Risk	Men	Women
Lower risk This level of drinking means that in most circumstances you have a low risk of causing yourself future harm.	No more than 3-4 units a day on a regular* basis	No more than 2-3 units a day on a regular* basis
Increasing risk Drinking at a level that increases the risk of damaging your health and could lead to serious medical conditions.	More than 3-4 units a day on a regular* basis	More than 2-3 units a day on a regular* basis
Higher risk This level of drinking has the greatest risk of health problems.	More than 50 units per week (or more than 8 units a day) on a regular* basis	More than 35 units per week (or more than 6 units a day) on a regular* basis

*Regular in this context means drinking at this sort of level every day or most days of the week; whilst for weekly drinking, it refers to the amounts drunk most weeks of the year.

For more information www.nhs.uk/drinking
or call Drinkline on **0800 917 8282** for 24 hour support or advice