

## ALCOHOL GUIDELINES



**14**  
UNITS  
per week

FOR MEN and WOMEN

To keep health risks from drinking alcohol to a low level, men and women should not regularly 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.



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

Alcohol Concern  
Promoting health, improving lives

Alcohol Concern is a trading name of Alcohol Research UK, company number 7462605.  
If you have any concerns about your drinking, visit [www.alcoholconcern.org.uk](http://www.alcoholconcern.org.uk) or speak to your GP.

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