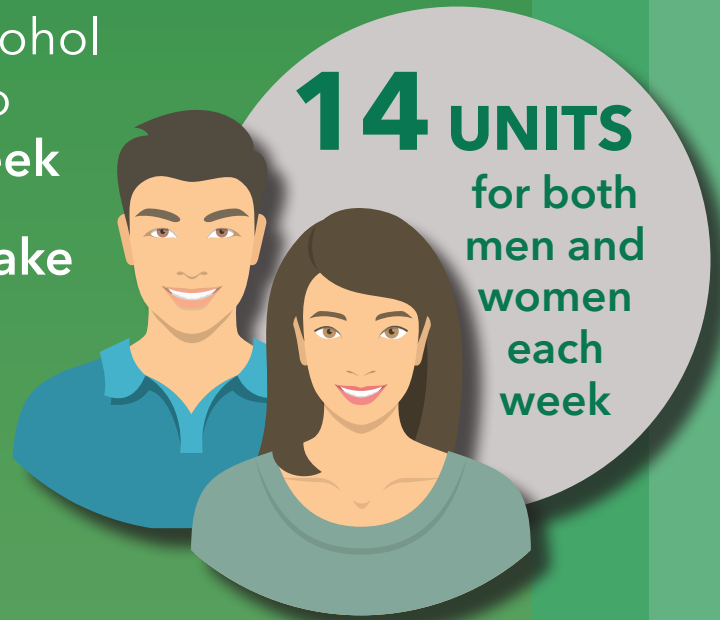


KNOW YOUR LIMITS

Alcohol Unit Guidelines

Health Improvement

- The recommended safe alcohol limit for **men and women** to consume is **14 units per week**
- You should **spread your intake** out across the week rather than 'save drinks up'
- Aim to have at least **2 alcohol free days** a week
- If you're pregnant, the safest approach is not to drink any alcohol at all



WHAT DOES 14 UNITS PER WEEK LOOK LIKE?



6 PINTS OF BEER
4% strength

OR

6 GLASSES OF WINE
13% strength, 175ml

OR

14 SINGLE
SHOTS OF SPIRITS
40% strength



**Isle of Man
Government**

Relliyh Eilan Vannin

Cabinet Office

Public Health Directorate

Cronk Coar, Noble's Hospital,
Strang, Douglas, Isle of Man IM4 4RJ

Telephone: 01624 642639 | Email: publichealth.dhsc@gov.im

www.gov.im/publichealth

PUBLIC HEALTH DIRECTORATE

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