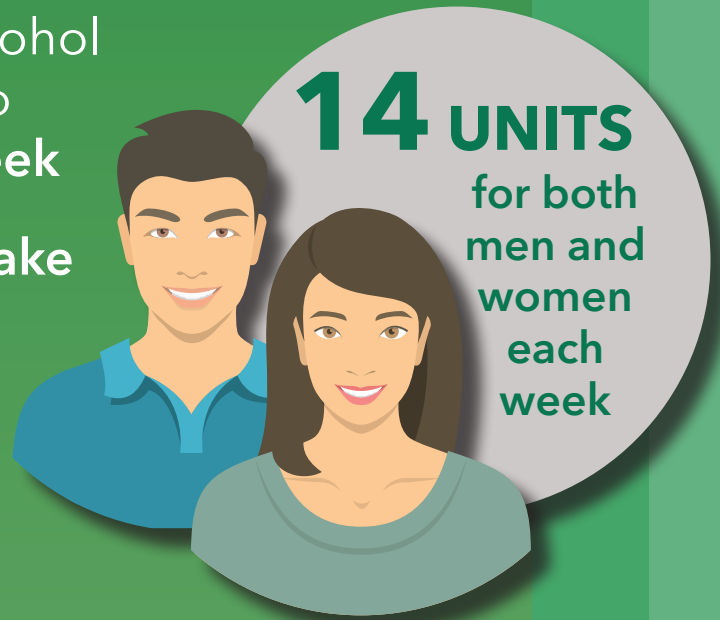


KNOW YOUR LIMITS

New Alcohol Unit Guidelines 2017

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