

## **GUIDANCE ON SENSIBLE DRINKING**

Drinking too much can damage your physical and mental health in the short and long term. As well as affecting your weight, looks and sleep, heavy drinking can lead to a wide range of medical conditions including high blood pressure, liver disease, strokes, cancers and brain damage.

### **Alcohol and units**

Units of alcohol are a way of measuring how much alcohol someone is drinking. A unit is 8 grams of pure alcohol – but the amount of alcohol in any given type of drink will depend on how big the glass, can or bottle is and how strong the drink is.

Generally speaking, a half pint of ordinary strength beer/cider/lager is 1 unit. A single (25ml) measure of spirits is also 1 unit, a small glass of wine (125ml) is 1.5 units, or a Smirnoff ice/Bacardi Breezer is 1.4 units. However, home measures of spirits or wine are often 2-3 times bigger than you would get in a bar or restaurant.

Recommended safe limits are:

**Women: 2-3 units per day, up to 14 per week**

**Men: 3-4 units per day, up to 21 per week**

We all need at least 2 days a week without alcohol.