

Alcohol

Drinking more than the recommended guidelines affects your body in many ways, from gaining weight to reducing the quality of your sleep.

It increases your risk of developing health problems such as high blood pressure, liver problems, heart attack and some types of cancer. It can also make you vulnerable to accidents and injury.

Alcohol guidelines

ALCOHOL
CHANGE^{UK}

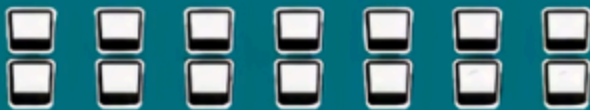
14
units
per week



For men
and women

To keep health risks from drinking alcohol to a low level, men and women would not exceed 14 units per week and it is advisable to spread your drinking over 3 days or more.

This is what **14 units** looks like...



14

single measures of spirit
(25ml) 40% ABV



6

glasses of wine
(175ml) 13% ABV



6

pints of ordinary strength beer/
lager/cider
(568ml) 4% ABV

If you are **pregnant**, the safest approach is not to drink alcohol at all, to keep risks to your baby to a minimum.

