

This is one unit...

For more detailed information on calculating units see - www.nhs.uk/Livewell/alcohol/Pages/alcohol-units.aspx



Half pint of "regular" beer, lager or cider



1 very small glass of wine (9%)



1 single measure of spirits



1 small glass of sherry



1 single measure of aperitifs

How many units did you drink last week?



...and each of these is more than one unit



A pint of "regular" beer, lager or cider



A pint of "strong" or "premium" beer, lager or cider



Alcopop or a 275ml bottle of regular lager



440ml can of "regular" lager or cider



440ml can of "super strength" lager



250ml glass of wine (12%)



Bottle of wine (12%)

There is no completely safe level of drinking and drinking even small amounts of alcohol can incur risk in certain circumstances

For example, with strenuous exercise, operating heavy machinery, driving or if you are on certain medications.

If you are pregnant or planning a pregnancy, the safest approach is not to drink alcohol at all.

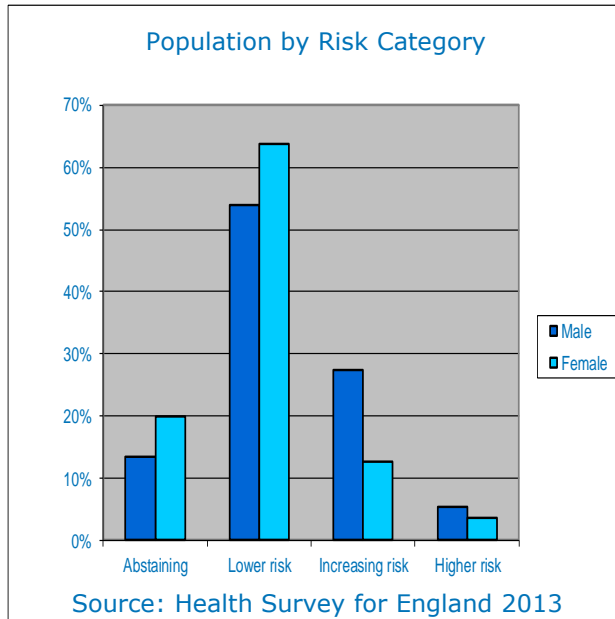
Drinking in pregnancy can harm the baby, with the more you drink the greater the risk.

The risk of harm to the baby is likely to be low if a woman has drunk only small amounts of alcohol before she knew she was pregnant or during pregnancy.

Risk	Men	Women	Common Effects
Lower Risk	Both men and women should not regularly drink more than 14 units per week spread over three or more days		<ul style="list-style-type: none"> Increased relaxation Sociability Sensory enjoyment of alcoholic drinks
Increasing Risk	Regularly drinking 15-50 units per week	Regularly drinking 15-35 units per week	<p>Progressively increasing risk of:</p> <ul style="list-style-type: none"> Low energy Relationship problems Depression Insomnia Impotence Injury High blood pressure Alcohol dependence Liver disease Breast, mouth and throat cancers
Higher Risk	More than 8 units per day on a regular basis or more than 50 units per week	More than 6 units per day on a regular basis or more than 35 units per week	

More information is available from One You: www.nhs.uk/oneyou

What's everyone else like?



The potential benefits of cutting down

Psychological/Social/Financial

- Improved mood
- Improved relationships
- More time for hobbies and interests
- Reduced risks of drink driving
- Save money

Physical

- Sleep better
- More energy
- Lose weight
- Reduced risk of injury
- Improved memory
- Better physical shape
- Reduced risk of high blood pressure
- Reduced risk of cancer
- Reduced risks of liver disease
- Reduced risks of brain damage

Making your plan

- Have several 'drink-free' days, when you don't drink at all
- When you do drink, set yourself a limit and stick to it
- Quench your thirst with non-alcohol drinks before and in-between alcoholic drinks
- Avoid drinking in rounds or in large groups
- Eat when you drink - have your first drink after starting to eat
- Switch to lower alcohol beer/lager
- Avoid going to the pub after work
- Plan activities and tasks at those times you would usually drink
- When bored or stressed do something physical instead of drinking
- Avoid or limit the time spent with "heavy" drinking friends

What targets should you aim for?

There is no completely safe level of drinking, but by sticking within these guidelines, you can lower your risk of harming your health:

- **Adults are advised not to regularly drink more than 14 units a week**
- **If you do drink as much as 14 units in a week, spread this out evenly over 3 or more days.**

What's your personal target?

NHS

DRINKS TRACKER
Track your drinks

ONE YOU

DRINKS TRACKER

Drinking a bit too much can sneak up on you. Public Health England's free drinks tracker app makes it easy to keep an eye on the booze and take control with daily tips and feedback

www.nhs.uk/oneyou/apps

This brief advice is based on the "How Much Is Too Much?" Simple Structured Advice Intervention Tool, developed by Newcastle University and the Drink Less materials originally developed at the University of Sydney as part of a W.H.O. collaborative study.