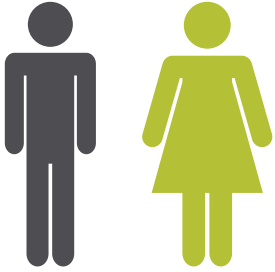


# New Government Alcohol Guidelines



## Same for men & women

Unit guidelines are now the same for men & women. Both are advised not to regularly drink more than 14 units a week.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Don't save up your 14 units, it's better to spread them evenly over the week and have regular alcohol-free days.

Pregnant women **shouldn't** drink alcohol at all!

### You can reduce the short term health risks by:

Limiting the total amount of alcohol you drink on any occasion

Drinking more slowly, drinking with food, and alternating with water

Avoiding risky places and activities, making sure you have people you know around you, and ensuring you can get home safely

These guidelines have been set to reduce the longer term risks of heart disease, cancers, liver disease and epilepsy linked to drinking alcohol regularly.

= 6 pints of 4% lager/beer **OR** 6 glasses (175ml) of 13% wine