

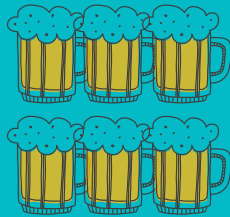
Weekly recommended drinking limit*

To keep health risks from alcohol low it is **best not to regularly drink more than 14 units per week**. This means that in a week you should drink no more than:



6x 175ml
glasses
of Standard
13% Wine

OR



6x 568ml
pints
of Standard
4% Lager or Ale

OR



5x 568ml
pints
of Standard
4.5% Cider

OR



14x 25ml
glasses
of Standard
10% Spirits

Healthy lifestyles
Gloucestershire

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*UK Chief Medical Officers' low risk drinking guidelines, August 2016
Pregnant women, or women trying to conceive should not drink alcohol at all. Drinking during pregnancy can lead to long-term harm to the baby, and this risk increases the more you drink.

