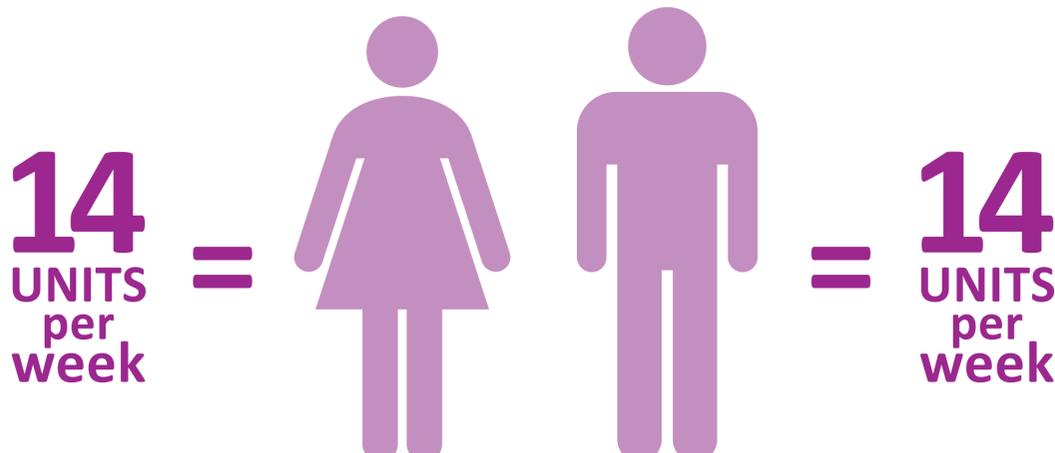


# Government Alcohol Guidelines



If you do drink as much as 14 units per week, try to spread this evenly over 3 days or more

If you wish to cut down the amount you're drinking, a good way to help achieve this is to have several drink-free days each week

## What Does 14 Units Look Like?

**14 UNITS =**

**6 pints of beer**  
4% (568ml)



**14 UNITS =**

**6 glasses of wine**  
13% (175ml)



**14 UNITS =**

**14 shots of spirits**  
40% (25ml)



## Single Occasion Drinking

**REMEMBER**



**Watch the amount you are drinking**

**Drink with food**

**Drink water to hydrate**