

1. Know your units



Drink	Bottle Alcopop	Pint Mild Beer	Can Premium Lager	Pint Regular Lager	Pint Cider	Double Vodka	Pint Premium Lager
% abv	5%	3%	5.2%	4%	4.5%	40%	5.2%
Size	275ml	568ml	440ml	568ml	568ml	70ml	568ml
Units	1.4	1.7	2.3	2.3	2.6	2.8	3
Kcals	264	136	189	187	239	144	244

Drink	Large Glass Wine	Can Strong Lager	Bottle Wine	Bottle Wine	Bottle Cider	Bottle Spirits	Bottle Spirits
% abv	14%	9%	12%	14%	7.5%	40%	40%
Size	250ml	500ml	750ml	750ml	3litre	700ml	1litre
Units	3.5	4.5	9	10.5	22.5	28	40
Kcals	196	364	498	588	1260	1568	2240

2. Risk levels

Level of risk	Common effects
Lower risk levels ♂ Men: no more than 3-4 units per day ♀ Women: no more than 2-3 units per day	<ul style="list-style-type: none"> Increased relaxation Sociability Reduced risk of heart disease (for men over 40 and post-menopausal women) if drinking 1-2 units a day
Increasing risk levels ♂ Men: regularly* drinking more than 3-4 units in one day ♀ Women: regularly* drinking more than 2-3 units in one day	<ul style="list-style-type: none"> Lack of energy Weight gain Low mood, anxiety / stress, insomnia Impotence General vulnerability while under the effects – arguments, accidents, injuries, memory blackouts Poor decision making while under the effects – unsafe sex, drink driving, anti-social behaviour Work or relationship problems Needing to drink more alcohol to get the old effect (increased tolerance)
Higher risk levels ♂ Men: regularly* drinking more than 8 units in one day (or more than 50 units per week) ♀ Women: regularly* drinking more than 6 units in one day (or more than 35 units a week)	<p>All of the effects with increasing risk levels, plus:</p> <ul style="list-style-type: none"> High blood pressure Stroke Coronary heart disease in middle age Liver disease Inflammation of the pancreas (pancreatitis) Certain cancers: mouth, throat, breast, liver Alcohol dependency syndrome Mental health problems (depression, panic disorders) Alcohol related brain damage (memory loss, confusion)



There are times when it is safer to avoid alcohol altogether

For example, if driving, operating machinery, before work, or if you are taking certain medicines.

If pregnant, or trying for a baby, it is recommended that you avoid alcohol (no alcohol=no risk), but if you do decide to drink, never more than 1-2 units once or twice a week.



Your score suggests your drinking is putting your health and well-being at risk, some of the effects of drinking at this level could be...

* "regularly" here means: "most days" or "every day of the week"

