

What targets should you aim for?

Men

4 or less units daily.

Women

3 or less units daily. No drinks advised during pregnancy – but limit is 1-2 units twice a week.

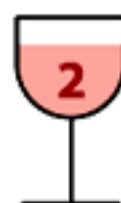
How many units does your drink contain?



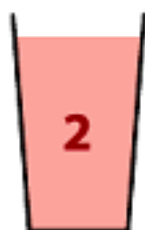
Single Measure
of Spirits



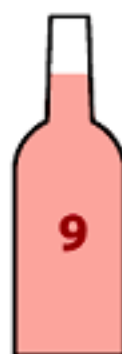
Alcopop or
Can of Lager



Glass of Wine
(175ml)



Pint of Regular
Beer/Lager/Cider



Bottle of Wine