

ALCOHOL HEALTH LIMITS

Pattern / Incident WEEKLY UNITS:

Name:	Comments:																			
0 10 20 30 40 50 60 70 80 90 100 110 120 130 140 150 160 170 180 190 200																				
Normal Pattern:																				
Typical drinks, contexts, quantities?																				
Incident:																				
What resulted?																				
Did this involve unusual circumstances, or an unfamiliar combination of drinks?																				
0 10 20 30 40 50 60 70 80 90 100 110 120 130 140 150 160 170 180 190 200																				
MEN & WOMEN	Low Risk 14	Increasing Risk 35	HIGH RISK 50	Women: 35 Units per week Men: 50 Units per week Already harmful and/or Dependent Drinking																

100 units p. week = 14 units p.day, which is 7 times the recommended safe healthy level.
A person drinking over 100 units p.week is drinking a week's worth each day. This can cause swift catastrophic health impact.

Low Risk		Increasing Risk		High Risk	F	M
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Responsible Drinking Guidelines:

For both Men and Women: A maximum of **14 units** spread through the week.
If all 14 units are drunk, spread them over 3 days, and try to have **at least 3 alcohol free days per week.**

Daily drinking, even at low levels, can quickly accelerate if life stresses increase.
It is good practice to give your body a break for several days each week.



The units are the same for men and women
14 units **per week**



or 5 pints of beer, lager or cider **a week**



or 6 glasses of wine **a week**



or 7 doubles of spirits **a week**



spread the 14 units across the week
try to have 3 days off