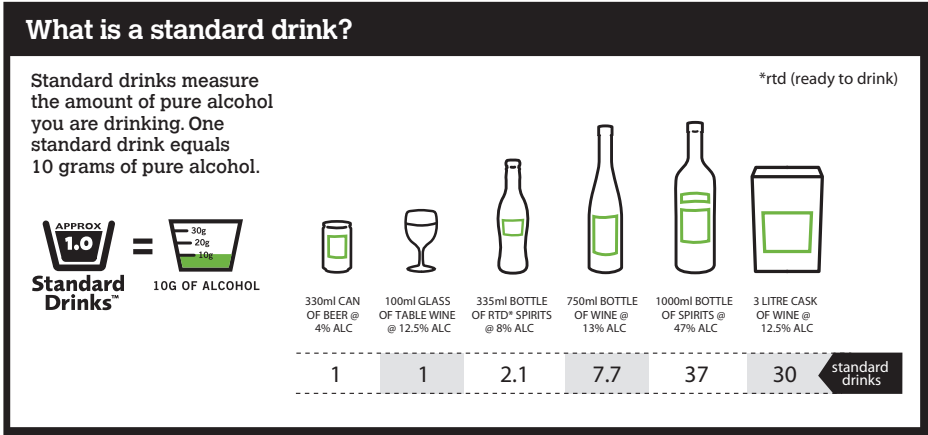


# STANDARD DRINKS

The standard drinks measure is a simple way for you to work out how much alcohol you are drinking. It reflects the amount of pure alcohol in a drink. One standard drink equals 10 grams of pure alcohol (approximately two teaspoons).

It's not the amount of liquid you are drinking that's important – it's the amount of alcohol it contains. As different types of alcoholic drinks have different amounts of alcohol in them, the number of standard drinks in each can, bottle or cask, will also vary.

It takes our bodies at least 1 hour - and sometimes much longer - to remove one standard drink from our bodies. Women absorb and metabolize alcohol differently than men. They have higher blood alcohol concentration (BAC) after consuming the same amount of alcohol as men, and are more at risk of alcoholic liver disease, heart muscle damage<sup>8</sup>, and brain damage.<sup>9</sup>



You'll find the standard drinks content on the label, container or packaging of each drink.

# DRINKING GUIDELINES – LOWER YOUR RISK

Drinking alcohol has both immediate and long term health effects. Because people are different – there is **no amount of alcohol that can be said to be safe for everyone**. Low risk drinking guidelines reflect the harms that might arise from single drinking occasions (where there is a risk of injury to self or others) and from the long term health consequences of regular drinking (such as increased risk of cancer, cardiovascular disease, diabetes, liver disease and addiction problems).

## CURRENT LONG-TERM DRINKING GUIDELINES<sup>10</sup> TO LOWER YOUR RISK ADVISE:

### For young people:

- **Not drinking** is the safest option for young people under 18 yrs of age.
- Try to **delay drinking** for as long as possible.
- If under 18 year olds do drink, they should **always be supervised**, drink infrequently and at levels usually below and never exceeding 2 standard drinks.

### For adults:

- 2 standard drinks a day for women and no more than 10 standard drinks a week
- 3 standard drinks a day for men and no more than 15 standard drinks a week

