

What is a unit of ALCOHOL?

1 unit equals 10ml of pure alcohol

Units are calculated by:
$$\frac{\text{Volume (mls)} \times \text{Strength (\%ABV)}}{1000}$$

Low risk drinking guidelines (for over 18s):



To keep health risks from alcohol to a low level it is safest to drink no more than 14 units a week on a regular basis.



If you wish to cut down or manage the amount you drink a good way to achieve this is to have several alcohol-free days each week.

Alcohol should not be consumed when:

- Pregnant or trying to conceive.
- Driving (taking into account the need to be free from alcohol the morning after drinking).
- Operating machinery or other high risk activity.

Some groups of people are more likely to be affected by alcohol and should be more careful of their level of drinking on any one occasion. For example those at risk of falls, those on medication (that may interact negatively with alcohol) or where it may worsen pre-existing physical and mental health problems.

If you do regularly drink up to 14 units in a week, it is best to spread this across 3 or more days.

If you have one or more heavy drinking episodes a week, you increase your risks of death from long term illness and from accidents and injuries.

The risk of developing a range of health problems (including cancers of the mouth, throat and breast) increases the more you drink on a regular basis.

It takes around one hour for the body to safely process 1 unit of alcohol.