

Responsible drinking guidelinesⁱ

<p>Responsible or low risk: Level at which drinking is unlikely to cause health problems</p>	<p>Men Three units per day, with a maximum of 21 units per week spread throughout the week (including at least two alcohol-free days per week)</p> <p>Women Two units per day with a maximum of 14 units per week spread throughout the week (including at least two alcohol-free days per week)</p>
<p>Hazardous or increased risk: Level at which there is an increasing risk of problems such as raised blood pressure, stroke, liver cirrhosis</p>	<p>Men 3–7 units per day, or 22–49 units/week</p> <p>Women 2–5 units per day, or 15–35 units/week</p>
<p>Harmful or definitely dangerous: Sustained drinking at this level is likely to cause physical, mental, social problems</p>	<p>Men 7+ units per day, or 50+ units per week</p> <p>Women 5+ units per day, or 35+ units per week</p>

Source: Medical Council for Alcohol Abuse

Alcohol content of alcoholic drinks:

Beers, lagers, cider

Ordinary strength (3.5 or 4% ABV)

1 pint = 2 units

1 large can (500 ml) = 2 units

Table Wine

1 small glass white (8 or 9% ABV) = 1 unit

1 small glass red (11 or 12% ABV) = 1.5 units

1 large glass (175 ml) red (12%) = 2 units

1 bottle = 7–10 units

1 x 75 cl bottle of 12% proof red = 9 units

1 x 75 cl bottle of 9% proof white = 7 units

Extra strong beers, lagers, cider

Extra strong (8 or 9 % ABV)

1 pint = 4 units

1 can = 4 units

Spirits

1 x standard measure = 1 unit

1 x 75cl bottle of spirits = 28 units

Alco-pops

1 x 330 ml bottle (5%) = 1.5 units

1 x 20cl bottle (13.5%) = 2.7 units

1 unit = 8 g or 10ml (1 cl) of pure alcohol

ABV = Percentage of alcohol by volume

To work out the exact number of units in a drink, multiply the volume of the drink (in ml) by the %ABV and divide by 1000.

ⁱ Adapted, with permission, from Andrews G, Jenkins R, eds. *Management of Mental Disorders (UK Edition)*. Sydney: World Health Organization Collaborating Centre for Mental Health and Substance Abuse, 1999. Distributed for the publishers in the UK by IN 2 Mail Ltd, Fax: +44 (0)1252 322315; PO Box 55, Aldershot, Hampshire GU12 4FP.