

# ALCOHOL & YOU

GET THE FACTS YOU NEED TO MAKE  
INFORMED DECISIONS ABOUT ALCOHOL

## EXAMPLES OF ONE STANDARD DRINK



81  
calories

### HALF PINT LAGER

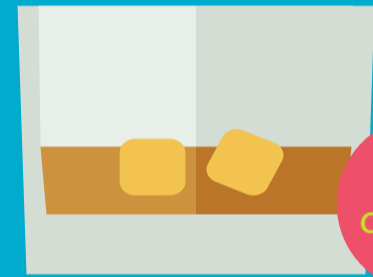
(4.5%, 284ml)



76  
calories

### GLASS WINE

(12.5%, 100ml)



79  
calories

### PUB MEASURE OF SPIRITS

(40%, 35.5ml)

## < HSE low-risk guidelines



Up to **11** standard  
drinks (110g alcohol)  
spread out over one week



Up to **17** standard  
drinks (170g alcohol)  
spread out over one week

HAVE AT LEAST TWO ALCOHOL-FREE DAYS IN THE WEEK

# DRINKAWARE

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