

ALCOHOL & YOU

GET THE FACTS YOU NEED TO MAKE
INFORMED DECISIONS ABOUT ALCOHOL

EXAMPLES OF ONE STANDARD DRINK



81
calories

HALF PINT LAGER

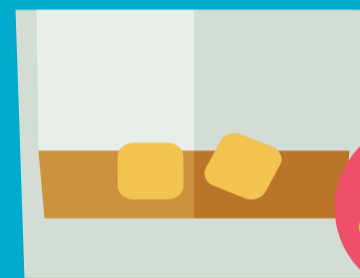
(4.5%, 284ml)



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

Web: drinkaware.ie

Email: info@drinkaware.ie

Registered Charity Number: 20204601