

ALCOHOL COUNTDOWN

Recommended safe limits of alcohol are:

MEN

Up to 3 to 4 units a day

WOMEN

Up to 2 to 3 units a day

Drinking at or above these limits every
day puts your health at risk



Health
Promotion
Agency

Pint of beer, lager or
stout* = 2 units

330ml bottle of beer* = 1.5 units

Pint of cider* = 2 units

Small glass of wine* =
1 to 1.5 units

Measure of spirits = 1.5 units

Small glass of sherry = 1 unit

*These measures are approximate
and apply to ordinary strength beer,
lager, stout, cider and wine. Extra strong
brands contain more alcohol.