

Recommended sensible drinking limits

Men The Department of Health advise that Men should not drink more than 3 – 4 units of alcohol per day.

Women The Department of Health advised that Women should not drink more than 2 – 3 units of alcohol per day.

Remember:

*These levels are aimed at **adults 18 years old and over**. These limits are not advised for young people under 18 years of age. The Chief Medical Officer advises no alcohol for anyone under the age of 15.*

Standard Units of Alcohol	
A pint of ordinary strength lager or beer	2.3 units
A pint of strong lager (e.g. Stella Artois)	3 units
A 440ml can or bottle of strong lager	2.2 units
A pint of ordinary strength cider (e.g. Dry Blackthorn)	3 units
A standard glass of wine (175ml)	2 units
A large glass of wine (250ml)	3 units
A (standard) 25 ml measure of spirits	1 unit
A (large) 35ml measure of spirits	1.5 units
A 275 ml bottle of alcopops (WKD, Smirnoff Ice,)	1.5 units

Binge drinking defined

Binge drinking for Men over 18.

- “More than 8 units in one session on at least one day of the week” (Alcohol Concern Factsheet 20)

Binge drinking for Women over 18.

- “More than 6 units in one session on at least one day of the week” (Alcohol Concern Factsheet 20)

Under 18's

England's Chief Medical Officer has advised:

- Children aged under 15 should never drink alcohol, even in small quantities.
- It is healthiest for your children not to drink alcohol until they are 18 years old.
- If they do drink it should only be now and again and certainly no more than once a week.
- Young people should consume less than the recommended daily number of units for adults.

