

# Health & Wellbeing

## June – Responsible drinking



### Alcohol recommendations



To reduce the risk of alcohol-related disease, injury or death, the National Guidelines for Alcohol Consumption recommend:




- No more than 2 standard drinks per day for healthy men and women
- No more than 4 standard drinks on a single occasion
- Avoiding alcohol when pregnant or breastfeeding

A standard drink contains 10g of alcohol and is approximately equal to:



- 100ml wine OR 285ml full strength beer OR 30ml spirits

### How many standard drinks are in a typical serve?

Beer			Cider
			
<b>1.1</b>	<b>1.6</b>	<b>1.4</b>	<b>1.3</b>
285ml (Pot)	425ml (Schooner)	375ml	330ml
Full Strength	Full Strength	Full Strength	Full Strength
4.8% Alc. Vol	4.8% Alc. Vol	4.8% Alc. Vol	5% Alc. Vol

Wine		
		
<b>1.4</b>	<b>1.6</b>	<b>7</b>
150ml*	150ml*	750ml
Sparkling Wine	Red Wine	Average bottle
12% Alc. Vol	13.5% Alc. Vol	12% Alc. Vol

\*Average restaurant serve

Spirits			
			
<b>1.2</b>	<b>1.5</b>	<b>1</b>	<b>2-4</b>
330ml	375ml	30ml	60-120ml
Full Strength Ready-to-drink	Full strength Pre-mix spirits	High Strength Spirit Nip	High Strength Spirit Nip
5% Alc. Vol	5% Alc. Vol	40% Alc. Vol	40% Alc. Vol

## Know the risks

Too much alcohol can increase the risk of:

- accidents and injury
- liver and pancreas damage
- dementia and brain damage
- high blood pressure and heart disease
- some cancers

Alcohol can also:

- Affect concentration, mood and sleep
- Interact with a range of medications
- Contribute to weight gain, due to the high energy (kJ) value of all alcoholic drinks

Depending on your individual health and medication, less than 2 standard drinks per day may be recommended. Discuss this with your health professional.



## Tips for reducing alcohol consumption

- Sip alcohol slowly with a meal or wait until after a meal to consume alcohol
- Alternate alcoholic beverages with non-alcoholic beverages
- Choose 'Light' or 'Low-alcohol' beer instead of regular strength beer
- Be aware that 'low-carb' drinks often have the same alcohol content as regular varieties
- Choose a pot (285mls) of beer or cider rather than a schooner (425mls)
- Order wine by the glass instead of ordering a bottle
- Be cautious of the volume of larger wine glasses
- Finish one drink before ordering another and avoid 'topping up' your glass while drinking
- Set a limit on the number of drinks you plan to have before you start drinking
- Offer to be a designated driver
- Participate in FebFast, Dry July or Ocober campaigns (fast from alcohol and raise money for a charity)