

## Alcohol

### Weekly lower risk limits

Alcohol is not needed for health

Alcohol is not recommended for young people under 18 years

Alcohol is not recommended for pregnant or breastfeeding women

Alcohol contains calories and may promote snacking

#### Women age 18–51+

**11 standard drinks**

110g alcohol over a week

#### Men age 18–51+

**17 standard drinks**

170g alcohol over a week

No safe limit for alcohol use by under 18s

Have 2–3 alcohol free days a week

### What is 1 standard drink?

One standard drink contains

Pure Alcohol

**10g**

Calories

**100–150**

Examples of one standard drink



½ pint beer or lager



Small glass wine



Single measure spirit

For food facts and healthy eating tips visit [www.healthyireland.ie](http://www.healthyireland.ie)

Source: Department of Health. December 2016.